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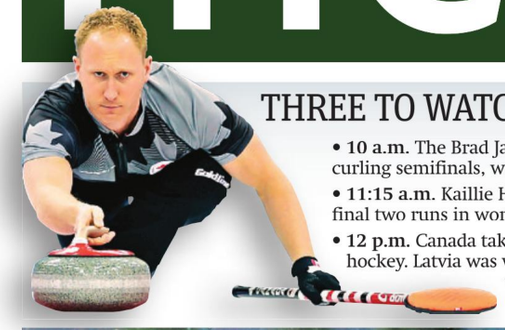


THREE TO WATCH IN SOCHI

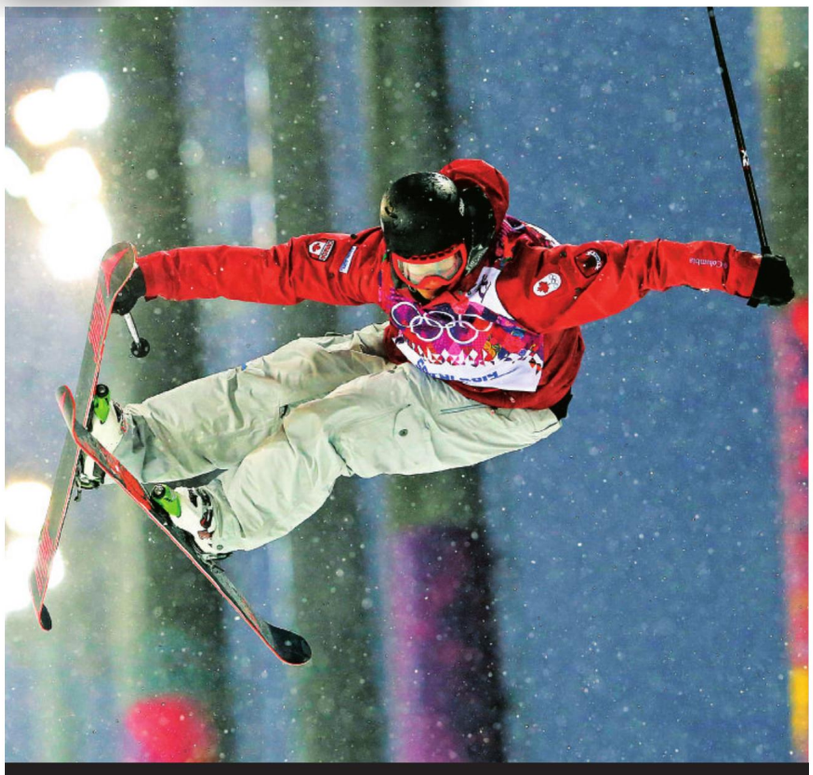
- **10 a.m.** The Brad Jacobs rink will meet China in the men's curling semifinals, with a shot at gold on the line.
- **11:15 a.m.** Kaillie Humphries and Heather Moyes take their final two runs in women's bobsled.
- **12 p.m.** Canada takes on Latvia in the quarter-finals of men's hockey. Latvia was winless in its first three games before upsetting Switzerland in the qualifier.

GREG DOWNS/FOR METRO

Exotic pets: Born to be wild?

Metro kicks off its three-day feature with a look at what it takes to own critters ranging from a serval cat to a 16-foot python

PAGES 10 & 11



RIDDLE ME THIS

Canada's Mike Riddle flies through the air during the men's ski halfpipe qualifications at the Sochi Winter Olympics on Tuesday. Riddle went on to win the silver medal in the final. For more coverage, turn to page 26. JONATHAN HAYWARD/THE CANADIAN PRESS

No answers in costly compost kerfuffle

What a waste. City hit targets, but paid twice to process organics

LUCY SCHOLEY
lucy.scholey@metronews.ca

Ottawa may have upped its organic waste collection this year, but taxpayers paid twice for the processing of tens of thousands of tonnes of organic compost.

The city collected 83,000 tonnes of organic waste in 2013, a 23.6 per cent increase over 2012, Coun. Maria McRae, chair of the city's environment committee, announced on Tuesday.

The figure is also 3,000 tonnes over the minimum 80,000 tonnes of organic waste that the city is contractually obligated to pay Orgaworld Compost to process — whether the city collects that much waste or not.

Only 69,000 tonnes were actually processed at Orgaworld Compost, despite its 20-year contract with the city to process organic waste at an inflation-indexed cost of about $8 million a year. The remaining 14,000 tonnes were sent to Trail Road — at an added cost to the taxpayer.

McRae could not say why a portion of the waste did not make it to Orgaworld's site because the city is engaged in commercial arbitration with the compost company. But she still called the situation "disgraceful."

"(City lawyer Rick O'Connor) has been very strict and very clear with regards to what comments we can make about the commercial arbitration, but I'm going to leave it up to everybody else to fill in the blanks," she said.

"This city did its job. Our residents did their job. We picked up 83,000 tonnes. Why is that not being processed? That's the question we should ask."

O'Connor said the city could expect a decision on the arbitration sometime this year.

"When that decision is available, it will be made available to council and, ultimately, the public," he said.

The good news is that the curbside diversion rate is above 50 per cent for the first time, which means more people are recycling and composting.

Landfill waste also dropped by 10 per cent, from 194,000 tonnes to 175,000.

In 2012, 67,000 tonnes of organic waste were collected and 55,000 of that amount was processed at Orgaworld.

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Ottawa Dance Marathon set to get down all night

Charity. The marathon will encourage university students across the city to raise money for sick kids

TREVOR GREENWAY
trevor.greenway@metronews.ca

Put your dancing shoes on and just leave them on.

The Children's Hospital of Eastern Ontario is hosting its first Ottawa Dance Marathon in an effort to raise $50,000 for sick kids in the region.

The marathon will encourage university students across the city to raise money over the next few weeks and will culminate with an eight-hour dance marathon at the Green Room March 21.

"The students will not be allowed to sit," laughed CHEO special events and community engagement officer Olenka Reshitnyk. "It's constant music."

Dance marathon fundraisers have become extremely popular in the U.S., with colleges and universities raising up to $12 million in one single event. To maximize potential funds, Reshitnyk decided to spread the event citywide, instead of just at one school.

"Because Ottawa is such a close-knit city and community, we thought, 'why would we just focus on Carleton or (University of) Ottawa and why not just make a huge one?'" she said, adding that the event will be targeted to every post-secondary institute in the national capital region.

"I think it's something cool and interesting. It's just a fun event to take part in."

There will be prizes for top fundraisers and will likely be honours for best dance, best costume and perhaps best moonwalk.

Students at Indiana University take part in a dance marathon last year. The Children's Hospital of Eastern Ontario is hosting a similar dance marathon in an effort to raise $50,000 for sick kids in the region. CONTRIBUTED

The March 21 dance party will feature three different rooms, one with a DJ, another with a live band and a third room boasting Xbox and Nintendo Wii dance games like Dance Dance Revolution to keep dancers moving all night.

At a glance

- No one has officially registered, but interim Pontiac riding association president McDougall offered up a list of people considering it: longtime Liberal and Wakefield farmer Cindy Duncan McMillan, former Pontiac mayor Eddie McCann, Chelsea environmental lawyer Will Amos and Pontiac residents Josee Bouchard and Rory Nisan.

Candidates eye federal Grit run in Pontiac

Who will vie for the federal Liberals to be MP in the riding of Pontiac in 2015? Will it be the farmer? The cop? The environmental lawyer? The businesswoman?

The Liberal nomination race for the riding has the makings of a dramatic battle with a handful of candidates already floating their names as potential candidates.

After more than a decade catching crooks, MRC des Collines police spokesman Martin Fournel is mulling trading in his badge for a seat in Parliament. He wouldn't speak specifically about his campaign, as it could pose a conflict of interest, especially with the Liberal party's stance on legalizing marijuana.

"I cannot say much," he said Tuesday. "I am going to stay quiet for a bit."

Former Wakefield councillor and co-owner of the Wakefield Mill Lynne Berthiaume said Tuesday she's "seriously considering" a run at the Pontiac seat, which is currently being held by NDP MP Mathieu Ravignat.

"This riding is very interesting ... in that it's very diverse," she said. "There are public servants, retired public servants, there are farmers, there are still some forestry workers." She added her background as a municipal councillor, business owner and former federal employee would give her the tools to represent her constituents.

Interim Pontiac riding association president Scott McDougall says he is thrilled so many potential candidates are lining up.

TREVOR GREENWAY/METRO

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Court hears jihadist propaganda video

Sher terror trial.
Crown lays out larger background of alleged conspiracy

In this 2010 image released by SITE Intelligence Group, Anwar al-Awlaki speaks in a video message posted on radical websites. An Ottawa court heard Tuesday that al-Awlaki was a source of inspiration for alleged terror-plot conspirators in Ottawa. SITE INTELLIGENCE GROUP/THE ASSOCIATED PRESS FILE

Secretly monitored conversations about an alleged terrorist conspiracy brewing in an Ottawa apartment were guided by jihadist propaganda and anti-American foreign policy, the court heard Tuesday.

Crown prosecutor Jason Wakely laid out his theory on the beginnings of an alleged conspiracy to undertake jihad — or holy struggle — using documents and audio recordings of communications in spring 2010.

Listening devices targeted two alleged co-conspirators of Dr. Khurram Syed Sher, a London, Ont. doctor who is accused of conspiring to facilitate terrorist activity.

The 31-year-old is out on bail and has pleaded not guilty. The two co-accused cannot be named due to a publication ban.

None of the evidence presented Tuesday directly implicated Sher, but the Crown attempted to paint a picture of a larger alleged conspiracy at work to Ontario Court Justice Charles Hackland.

One of the documents seized from one of the alleged co-conspirators' apartments was titled, "The Utmost Manual for Preparing Jihad."

"You can download the book. I downloaded it already," one of the co-accused could be heard saying in a March 6, 2010 probe by the RCMP's national security team.

The two men were hoping to avoid police snooping on them by sending emails from public computers at the Ottawa Public Library and speaking in "guarded and cautious" language over the phone in English and Kurdish, Wakely said.

"'Cause they will not monitor you unless they think something is up. And they need permission from their own courts, to monitor ..." said one of the two men.

Intercepted Internet history from one of the accused's apartments on March 30, 2010 also revealed researched videos on Anwar Al Awlaki, who Wakely said was a prominent jihadist propagandist.

"He was a source of inspiration for the accused," said Wakely.

In a video played in court titled, "Anwar Al Awlaki: A Call to Jihad" the speaker could be heard talking about the Sept. 11, 2001 attacks and the U.S.'s failed attempt to fight terrorism.

"America cannot win and will not win," the speaker on the video said in English. "We are not against America for just being American. We are against evil. We are fighting for a noble cause. We are fighting for God and you are fighting for worldly gain."

The trial continues Wednesday. JOE LOFARO/METRO

Woman waiting for heart surgery after airlift from Panama: Family

A family is breathing a sigh of relief after a Canadian woman who developed serious heart problems while working in Panama was airlifted to a Montreal hospital. But the young model is not out of the woods yet.

Maeva Beauzile, 21, was transported to Canada via medevac overnight Monday, according to her family in Montreal. The flight came after donations to help pay the cost of an airlift from Panama City to Montreal poured in on Indiegogo, a fundraising website, and from donations from extended family members.

The campaign had raised more than $29,000 as of Tuesday evening for the medivac, which the family said cost $45,000.

Elmire Beauzile told Metro while en route to the the Hôtel-Dieu de Montréal that her daughter is unconscious as she waits to have surgery on a heart valve. The hospital confirmed that Beauzile was admitted at 7 p.m. Monday and remained in intensive care as of Tuesday evening.

"Everybody is praying and hoping for the best," said Maeva's younger sister Sandrine Mathieu. "We're really grateful for (the online campaign). She's a great person and I think that's why people are contributing money."

Mathieu said she doesn't believe her sister would have made it to Montreal without the help of the those who donated.

The fundraising page was still live Tuesday evening. The family said the donations help them recoup some of the medevac expenses.

JOE LOFARO/METRO

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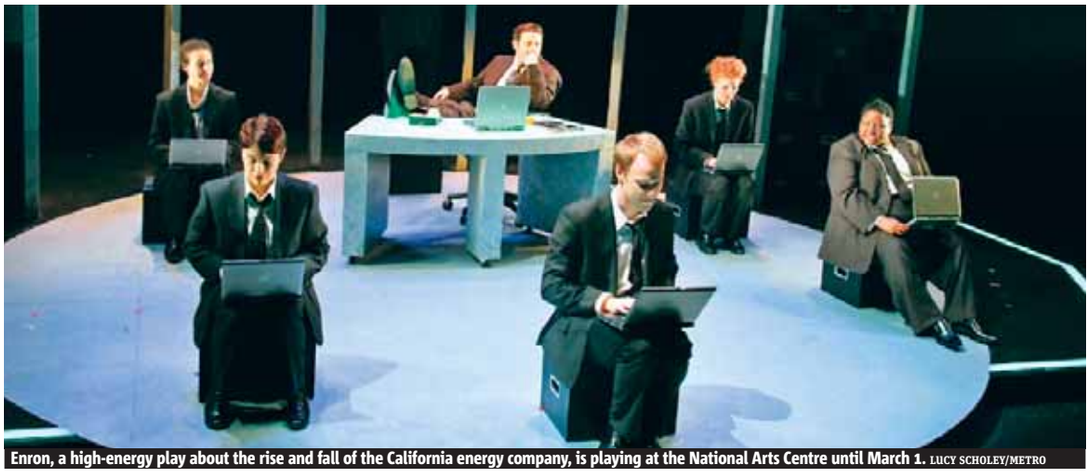
Enron fraud scandal a tale of corporate greed and intrigue

Coming to a stage near you. Theatrical production is a story of human tragedy, says playwright

LUCY SCHOLEY
lucy.scholey@metronews.ca



Enron, a high-energy play about the rise and fall of the California energy company, is playing at the National Arts Centre until March 1. LUCY SCHOLEY/METRO

Remember Enron? The California energy company rose to riches in the 1990s before collapsing in a corporate fraud scandal, and has now been reincarnated as a stage play.

Enron, playing at the National Arts Centre, tells the story of corporate greed and intrigue, only with velociraptors, a ventriloquist, dancing and even some Star Wars thrown in.

"It's part circus, part Vaudeville, part economics lesson," says director Ron Jenkins.

The play centres on Jeffrey Skilling, who was a temporary CEO and driving force behind Enron's growth from an interstate pipeline company to the sixth-largest energy company in the world. With former CEO Kenneth Lay, he committed one of the largest accounting fraud scandals in history.

Before Enron went bankrupt in 2001, it employed 20,000 people. Skilling and Lay ended up in jail.

"In the end, it's not really a business story," said Dmitry Chepovetsky, who plays Skilling. "It's a human tragedy of the people that lost out, the people that created it all."

London playwright Lucy Prebble said he wrote Enron as a way to better understand the story. It won the UK's Theatrical Management Association Award for Best New Play.

Tickets for Enron are available at nac-cna.ca. They start at $50.

What's in store

"It's part circus, part Vaudeville, part economics lesson."
Director Ron Jenkins

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Podcast aims to squash city's 'boring' stereotype

Ottawa is boring — Nick Bachusky and Andrew Miller have heard that too many times, and they say it's a "bold-faced lie."

The duo started Lunch Out Loud, a 40-minute weekly podcast to dispel that stereotype.

They just hosted their 60th episode since starting in November 2012 and there's clearly plenty to do in Ottawa. So much so they are booked for interviews two months in advance.

Guests have ranged from former CBC broadcaster Don Newman (who rapped at the end of the episode), Mayor Jim Watson, the world's most-travelled man, Mike Spencer Bown; as well as the owners of Beau's All Natural Brewing Co. Each episode features a band and an events listing.

Armed with a microphone, a laptop and sometimes a couple of tall-can energy drinks, the chatty, friendly duo head to wherever is easiest and most comfortable for their guests to do their interviews.

They're just as excited about the unsung heroes and underdog musicians as they are about celebrities.

Nick Bachusky, left, and Andrew Miller co-host the weekly podcast Lunch Out Loud, which aims to dispel the stereotype that Ottawa is a boring city. LUCY SCHOLEY/METRO

"Nobody is off the table," says Bachusky, but he adds the podcast does not take any advertising dollars because it leaves the hosts "free to say what we want to say."

Bachusky is a mortgage broker and Miller is a real estate agent. Lunch Out Loud is a hobby that lets them take a fun break out of their busy schedules.

"People expect you to stop. People expect this kind of thing to fail, but it's not going to fail, there are too many interesting things going on," says Bachusky.

To listen to Lunch Out Loud, visit spreaker.com/user/lolottawa. You can also subscribe to it on iTunes. A podcast is posted at around 3 p.m. every Thursday.

LUCY SCHOLEY/METRO

Matt Figi hugs his once severely-ill five-year-old daughter, Charlotte, at a greenhouse for a special strain of medical marijuana named after her, west of Colorado Springs, Colo., on Feb. 7. BRENNAN LISLEY/THE ASSOCIATED PRESS

Moving states for hope in pot

Over 100 families relocated to Colorado. Unproven relief to epilepsy attracting people as far as Japan

Doctors were out of ideas to help five-year-old Charlotte Figi.

Suffering from a rare genetic disorder, she had as many as 300 grand mal seizures a week, used a wheelchair, went into repeated cardiac arrest and could barely speak.

Two years later, Charlotte is largely seizure-free and able to walk, talk and feed herself after taking oil infused with a special pot strain. Her recovery has inspired both a name for the strain of marijuana she takes that is bred not to make users high (Charlotte's Web) and an influx of families with seizure-stricken children to Colorado from states that ban the drug.

Recovery

"She can walk and talk; she ate chili in the car."

Paige Figi, mother of 5-year-old Charlotte, whose frequent epileptic seizures have been reduced with a pot-based remedy.

Doctors warn there is no proof that Charlotte's Web is effective, or even safe.

In the frenzy to find the drug, there have been reports of non-authorized suppliers offering bogus strains of Charlotte's Web. In one case, a doctor said, parents were told they could replicate the strain by cooking marijuana in butter. Their child went into heavy seizures.

"We don't have any peer-reviewed, published literature to support it," Dr. Larry Wolk, the state health department's chief medical officer, said of Charlotte's Web.

THE ASSOCIATED PRESS

Missouri

Pharmacy not dispensing for execution

A U.S. pharmacy will not provide a drug for an execution scheduled for next week in Missouri as part of a settlement with the death-row inmate's attorneys. It's unclear if the deal will avoid the lethal injection.

As major drug makers stopped selling drugs for executions, states like Missouri turned to compounding pharmacies.

Under the deal, The Apothecary Shoppe agreed not to prepare or supply drugs for Taylor's execution.

THE ASSOCIATED PRESS

Pakistan. Ex-president Musharraf appears in court for the first time

Former Pakistani president Pervez Musharraf appeared Tuesday for the first time in front of a court tasked with deciding if he committed high treason, a sharp blow for the country's former strongman.

The appearance is also a blow to the country's military establishment. Pakistan has had three military-led coups since its inception in 1947, the institution and its leaders often perceived as above the law.

The court is to rule on a motion on its jurisdiction before indicting Musharraf.

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Musharraf's car in Islamabad, Tuesday. ANJUM NAVEED/THE ASSOCIATED PRESS

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Police, protesters killed in clashes in Ukrainian capital

Kyiv. Officers in riot gear moved against main protest camp as anti-government faction fought back with rocks, bats and firebombs

Amid cries of "Glory to Ukraine!" and with flaming tires lighting up the night sky, thousands of riot police armed with stun grenades and water cannons attacked the protest camp in the centre of Kyiv on Tuesday, following a day of street battles that left 18 people dead and hundreds injured.

The violence was the deadliest in nearly three months of anti-government protests that have paralyzed Ukraine's capital in a struggle over the nation's identity.

With the boom of exploding stun grenades and fireworks nearly drowning out his words at times, opposition leader Vitali Klitschko urged the 20,000 protesters to defend the camp on Independence Square.

As police dismantled some of the barricades on the perimeter of the square and tried to push away the protesters, they fought back with rocks, bats and firebombs.

THE ASSOCIATED PRESS

Canadian connection

A handful of anti-government protesters have taken shelter inside the Canadian embassy.

- Foreign Affairs Minister John Baird's office says they are peaceful and have not caused any damage or harm to staff.

Anti-government protesters clash with riot police in Kyiv's Independence Square in Ukraine on Tuesday, where thousands of police attacked the large opposition camp in Ukraine's capital that has been the centre of nearly three months of anti-government protests. EFREM LUKATSKY/THE ASSOCIATED PRESS

Pussy Riot members detained by police in Sochi

Pussy Riot members Nadezhda Tolokonnikova, in the blue balaclava, and Maria Alekhina, in the pink, make their way through a crowd after they were released from a police station Tuesday in Adler, Russia. MORRY GASH/THE ASSOCIATED PRESS

Russian punk group Pussy Riot burst onto the Olympic scene Tuesday when two of its members were picked up by police in Sochi — and then ran away defiant down a rain-soaked street a few hours later, shouting and wearing their trademark balaclavas.

The police questioning of Russia's most recognizable punk rockers, along with detentions of activists in recent days, brought political tensions to the fore at Vladimir Putin's showcase Winter Olympics.

Nadezhda Tolokonnikova and Maria Alekhina, along with seven others, were held by police near Sochi's ferry terminal, a popular area for fans celebrating the Games. Police said they were questioned in connection with a theft at a hotel. No charges were filed.

"Putin will teach you how to love the motherland!" the women chanted on leaving the police station, their fists in the air and blue, pink and orange ski masks covering their faces.

Tolokonnikova said Tuesday's detention followed three days of police harassment. She also said the two band members were detained for several hours the previous two days.

"We members of Pussy Riot have been here since late Sunday and we were constantly detained since then," Tolokonnikova said after her release. "We are constantly surrounded by people, not you journalists, but people who are shadowing us, following our every move and looking for any excuse to detain us." THE ASSOCIATED PRESS

Renewed criticism

The Pussy Riot detentions brought renewed criticism of Russia's suppression of protests.

- "In Putin's Russia, the authorities have turned the Olympic rings ... into handcuffs to shackle freedom of expression," said John Dalhuisen, Europe director for Amnesty International.

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Metro Ottawa takes a look at the state of the economy in Ottawa-Gatineau and where things are headed in 2014. Including interviews with the mayors of both Ottawa and Gatineau and some of the major economic players, examining everything from jobs and downtown development to small business and the real estate market.
IMAGINE OTTAWA-GATINEAU
Available in the February 25th edition of Metro!

Uncle's death pushed hijack pilot over edge?

Ethiopia. Hailemedhin Abera in emotional distress after sudden death of 'a very close' uncle, relative says

The Ethiopian pilot who hijacked a flight to Rome and took it to Geneva recently lost his uncle, a relative said Tuesday, suggesting anguish over the death may have left him on edge.

Alemu Asmamaw, another uncle, said the 31-year-old co-pilot Hailemedhin Abera used to call family members before his international trips, but had since stopped doing so and appeared to distance himself from his relatives.

He said the deceased uncle Emiru Seyoum taught at Ethiopia's Addis Ababa University. He did not say how Hailemedhin's uncle died.

An obituary for Emiru on the Addis Ababa University website only said the associate professor died suddenly on Jan. 1 while going from his home to the university. It gave no details about how he died.

Hailemedhin, who had worked for Ethiopian Airlines for five years, on Monday locked the pilot of a Rome-bound flight out of the cockpit and then as co-pilot diverted the plane to Geneva, where he used a rope to lower himself out of a window and then asked for political asylum.

The family was "extremely shocked" that Hailemedhin hijacked a plane, Alemu said, describing his nephew as "too proud of Ethiopian Airlines." He said the pilot was a devout Christian who "even used to ask his father to pray for him to return safe" from international flights.

After he was arrested by Swiss authorities, police said Hailemedhin told them he felt "threatened" in Ethiopia. Police did not specify why or by whom he claimed to feel threatened.

THE ASSOCIATED PRESS

Quoted

"I fear that the death of his uncle ... has put a strain on his life." Alemu Asmamaw, another uncle of co-pilot Hailemedhin Abera

Portrait of artist as protester

Chinese dissident artist Ai Weiwei is seen in a photograph dropping a vase, part of his exhibit titled According To What?, at the new Perez Art Museum Miami on Tuesday. South Florida artist Maximo Caminero, 51, is facing a criminal charge after police say he smashed a $1 million US vase by Weiwei on Sunday to protest what he called the art museum's favouritism for international rather than local art.

JOE RAEDLE/GETTY IMAGES

Chinese military woes

Larger soldiers a problem for army

China's military says its soldiers have grown an average of 2 centimetres taller and 5 centimetres wider around the waist over the past two decades.

It said the added heft is causing discomfort for soldiers as they try to squeeze into tanks designed 30 years ago, and accuracy problems with relatively shorter rifle barrels for the taller soldiers.

THE ASSOCIATED PRESS

Norwegian mass killer

Hunger strike for better PS2 games

Convicted Norwegian mass killer Anders Behring Breivik says in a letter sent to media, that he will go on a hunger strike until he dies unless he gets access to better video games, a sofa and a larger gym. He also wants the PlayStation 2 console replaced by a later version and more frequent phone calls than the 20 minutes he says he is given per week. THE ASSOCIATED PRESS

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CIBC

Stalking prey on the savannah? Nope. Jagger the serval cat is on his daily outing in the Regina suburb where he lives. His owners say they're prepared to move out of province to keep their pet, if need be. ALYSSA MCDONALD/METRO IN REGINA

A killer in the family

Jagger the serval cat.
A Regina couple talks about their devotion to an African feline

ALYSSA MCDONALD
Metro in Regina

As Kim Shaheen takes his nightly walk around his suburban Regina neighbourhood, there are lots of smiles, some stares and a few questions.

And they are all focused on the African serval cat on a harness with Shaheen.

For many, the animal — the smallest out of the African cat family — is usually not the first thing that comes to mind when choosing a new pet.

But for Shaheen and his wife, Pam, a couple from Regina with three grown children, it was the perfect way to round out their family.

The 30-pound pet, named Jagger, has four litter boxes, regularly plays fetch in the park behind the house and sleeps in the same bed as the couple.

"It's like having a four-year-old that is never going to grow up," Shaheen told Metro from his living room in northeast Regina. "It's a pet that you get so close to because they are so dependant on you," added Pam.

Visit metronews.ca to watch a video of Jagger in action.

Jagger is so much a part of the family that when the couple found out in November 2012 — roughly seven months after they got the baby animal from a breeder in B.C. — that the province might not allow them to keep him, they started planning a move. "He's got no claws, he's never let out on his own (and) he's fixed so he is not going to change the environment, so I am not quite sure what the issue is," Pam said, adding that the city has no problem with the pet, just the province.

The pair say that serval cats get attached to their owners and once separated, the pet will go so far as to starve itself instead of living without its family. That's why, for the Shaheens, choosing to get Jagger was not a rash decision but rather a 20-year commitment — and even a letter from provincial government officials asking them to voluntarily remove Jagger from the province would not stand in their way.

"(He's) a family member. We can't give him up," said Shaheen, adding that the city was far more accommodating. It was easy to register their exotic cat. "We are his pride ... even when we are not here for a few days, he gets depressed."

"They bond with one family for life," said Pam.

So the couple has embraced living with their larger-than-life pet, taking him to schools and seniors homes for visits and watching him play with the family dog and cat. And not minding when he jumps up on the kitchen counters and costs them roughly $300 a month in "food and whatever he breaks."

Kim Shaheen cuddles his pet serval cat, Jagger. ALYSSA MCDONALD/ FOR METRO

Day 1: Exotic pets in Canada

After two New Brunswick boys were killed last year by an escaped African rock python, we wanted to understand why so many Canadians bring exotic — and sometimes lethal — animals into their homes and lives. What are the costs involved in caring for such critters? How many of these pets are illegal? And what happens when it all goes wrong?

- **Thursday.** Escape the clutch of a Burmese python and hear what the Ikea monkey's former owner has to say about having wild friends.
- **Friday.** Metro goes shopping for an opossum, and explains what to do when you have trouble with your pet fox.

Vern Ruml's 16-foot-long, 200-pound Burmese python named Abu poses with Ruml's girlfriend, Becky Girard. Abu was born in Ruml's home near Winnipeg in 1999. Ruml legally owns a dozen reptiles, and he's concerned about the welfare of animals that are smuggled into Canada. VERN RUML

Why do people buy exotic pets? Some say love, others say ego

ISTOCK

Opposing camps. Folks on either side of the ownership debate weigh in on the point of it all

ALYSSA MCDONALD
Metro in Regina

When exotic pets make headlines, it's usually not for a good reason — generally, the story involves beasts who have escaped, have injured someone or been seized by officials as smugglers try to bring them into the country.

That can lead to a lot of head-shaking. Why, people wonder, does anyone want to obtain such creatures in the first place?

"I think for some people it's the challenge, but number one and foremost, it's for the love of the animal," said Scott Shoemaker, who acts as the director of Responsible Exotic Animal Ownership, a pro-position U.S. lobby group.

Shoemaker owns tigers, African cats and cougars, and said he does it because of the connections he's established with his pets.

"There are a lot of people who buy these animals and they love them," agreed Rob Laidlaw of Zoocheck, an organization that's on the other side of the exotic pet ownership debate. "They swear by what they are doing, are committed to it and defend it, and every once in a while someone gets killed by their pet."

Since exotic animals tend to be so much work, and some are potentially lethal, owners who are not dedicated to such pets tend to get rid of them, which can cause problems if the animals are simply let back into the wild.

Laidlaw said that a variety of influences, including television shows featuring odd creatures, can prompt people to obtain an unusual pet. "People do just buy animals on an impulse. They don't know what they are getting into," said Laidlaw. "They acquire the animal, get attached to the animal right away and end up keeping it." But he also maintains that some people want exotic pets because of the ego boost involved. "I always use the expression, 'Give a nobody a cougar on a leash, they become a somebody,'" he said.

But Shoemaker maintains that's not the reason people end up keeping such pets. "The commitment is 10 to 20 years, especially for a bigger cat. After the first couple of times it poops on your floor, it's no longer cool — it's some work," said Shoemaker.

"(People) may get into it because of that, but they don't stay in it because it's cool."

Quoted

"I always use the expression, 'Give a nobody a cougar on a leash, they become a somebody.'"

Rob Laidlaw of Zoocheck

❋ Buyer beware: Your scaly friend might not get into the country

There's the debate over whether exotic animals are safe to keep as pets — and then, there's the question of whether they're even legal to bring into Canada in the first place.

"We're seeing more traffic of exotic pets," Lyle Saigeon, executive director of the Saskatchewan Ministry of Environment's fish and wildlife branch, told Metro.

"The problem is that the exotic pet trade becomes kind of a global thing. And certainly, a lot of exotic animals are being brought into Saskatchewan, or other places in Canada, (through) online pet stores."

The continuing rapid increase in online pet sales has made purchasing animals foreign to Canada far easier than it used to be.

Saigeon points out that it's "kind of a buyer-beware thing" as to whether the would-be pet is legal to own in Canada, or in any particular province or city — and therefore, whether the snake, lizard, monkey or mongoose can even cross the border in a box or by some other means and reach the purchaser's property.

If the creature is endangered, he said, "the federal government would not let something like that into the country. But if it's coming across in a box, a lot of times it's not caught. And that's certainly the case for a lot of smaller animals."

Vern Ruml, who legally owns a dozen reptiles including a Burmese python, boa constrictors and an alligator snapping turtle at his home near Winnipeg, is concerned about transactions and transport of foreign animals.

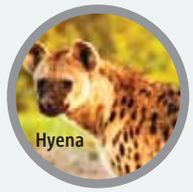
"If they're not allowed, isn't the only way to get them here to smuggle them?" said Ruml, who operated the Ruml's Reptiles educational enterprise in Manitoba until about a decade ago.

"That shouldn't happen. If an animal isn't supposed to be somewhere, it shouldn't be there. Because ultimately, it's the animal that suffers. Not the person." ROSS ROMANIUK/METRO

❋ **If you're uneasy about buying pets online, then you're better off going to a local pet store where it's more likely that the pets for sale are legal in a particular jurisdiction, advises Lyle Saigeon, executive director of the Saskatchewan Ministry of Environment's fish and wildlife branch.**

So, where can't I own a wolverine?

The rules around exotic animal ownership in Canada are mostly a patchwork of provincial and municipal laws. Here are just some of the creatures you can't keep in various jurisdictions across the country.



Pets prohibited in Toronto include:
- Canidae (such as coyotes, wolves, hybrid wolf dogs) except dogs
- Chiroptera (bats such as fruit bats, myotis, flying foxes)
- Felidae (such as tigers, leopards, cougars) except cats
- Hyaenidae (such as hyenas)
- Marsupials (such as kangaroos, opossums, wallabies) except sugar gliders derived from self-sustaining captive populations
- Mustelidae (such as skunks, weasels, otters, badgers) except ferrets
- Primates (such as gorillas, monkeys, lemurs)
- All venomous and poisonous animals

Pets prohibited in Saskatoon include:
- All bats
- All Crocodilians
- All hyenas
- All Arachnids dangerous to humans, except tarantulas of the genera Aphonopelma, Avicularia and Grammostola
- Canidae, except the domestic dog
- All Edentates (such as anteaters, sloths and armadillos)
- All Marsupials (such as kangaroos and opossums)
- Primates (such as gorillas and monkeys)
- All Pinnipeds (such as seals, fur seals and walruses)

Pets prohibited in Nova Scotia include:
- Wild boar
- Prairie dogs
- All Hyaenidae (hyenas)
- All Ursidae (bears)
- All Cervidae (deer)
- All Primates
- All Pteropodidae (bats)
- Canidae, except the domestic dog
- Felidae, except the domestic cat
- All Crocodilians (such as alligators and crocodiles)
- All Procyonidae (such as raccoons, coatis and cacomistles)
- All Viverridae (such as mongooses, civets and genets)
- All venomous animals (including those with toxin removed)

Pets prohibited in Winnipeg include:
- All bears, including polar, grizzly, brown and black bears
- All fur bearing animals of the family Mustelidae, including weasel, badger, skunk, otter, wolverine, except the domestic ferret
- All Procyonidae, including raccoon, kinkajou, cacomistle, cat-bear, panda and coatimundi
- All carnivorous mammals of the family Viverridae, including, but not limited to, civet, mongoose and genet
- Primates, including but not limited to monkey, ape, chimpanzee, gorilla and lemur

ISTOCK PHOTOS

The Ford show. Mayor offended when people call him homophobic

Toronto Mayor Rob Ford said in a YouTube video released Tuesday that he's offended by claims he's homophobic, while his city councillor brother suggested people in the gay community are "bullies."

The brothers made the comments in the second instalment of their online "Ford Nation" show, consisting of a series of clips of varying lengths in which they slag fellow councillors and take one question.

The query appears to have come via email from "Mary from Scarborough," who is identified as the mother of a gay son. She referenced Ford's stance against a rainbow flag at city hall and recent comments about not attending the annual pride parade.

Ford read the question, in which "Mary" suggested Ford is homophobic and asked why people should vote for him if he doesn't support all citizens. THE CANADIAN PRESS

Toronto Mayor Rob Ford is questioned by reporters as he returns to the council floor at city hall in Toronto last month. CHRIS YOUNG/THE CANADIAN PRESS

Calgary. Parents face murder charges after neglecting son: Police

Police say they expect to lay murder charges against the parents of a 15-year-old boy who died from diabetes complications.

Investigators in Calgary said Tuesday that the couple did not provide proper medical treatment for their son.

Police allege that the boy was diagnosed with Type 1 diabetes several years ago, when the family lived in British Columbia, and his parents had been taught how to treat him with insulin. When his health declined, investigators say he was confined to his room.

Police were called to a home in Calgary last May and found his body.

Staff Sgt. Grant Miller with the homicide unit wouldn't provide details of the boy's condition when he was discovered, but described it as "extreme."

"This boy has suffered from long-term neglect to the point that he was unable to seek medical attention on his own," Miller said.

He said tests later revealed the teen died of a bacterial infection stemming from neglect and starvation due to his diabetes. THE CANADIAN PRESS

Home brew program helps alcohol addicts

Vancouver. The Drug Users Resource Centre offers a program where severe alcoholics can make home brew

EMILY JACKSON
Metro in Vancouver

Instead of sitting back while illicit drinkers poison themselves with high-alcohol products like Listerine and hand sanitizer, a Vancouver nonprofit decided to help them get away from the products no human is meant to ingest.

The Portland Hotel Society — yes, the same folks that made headlines around the world last week for crack pipe vending machines — offers a program where severe alcoholics can make home brew at its Drug Users Resource Centre located across from Oppenheimer Park, a green space where some of the problem drinkers congregate during the day.

Called the "drinkers lounge," members in the year-old program must attend weekly meetings to be eligible to brew their own booze, said Mark Townsend of the PHS.

If people attend the meetings to discuss health, learn CPR and get help with treatment plans, they can then contribute $10 to buy a brew kit with four others.

"We want there to be a commitment to education and the group to be a positive influence," Townsend said. "We don't want to just randomly hand out stuff."

The Drug Users Resource Centre in the Downtown Eastside uses innovative ways to reduce harm, including a polka-dotted crack pipe vending machine that made headlines around the world. EMILY JACKSON/METRO IN VANCOUVER

About 30 people are involved in brewing, with another 60 enrolled just for the meetings.

Outside of the club, the centre has a hydration team that goes out twice a day to places where illicit drinkers hang out to check on them, encourage them to drink water or juice and bring them back to the centre.

It's a pragmatic, self-funded initiative that helps a very small group of people (there's an estimated 200 illicit drinkers) who, if left on the streets to ingest substances like hairspray, often have negative interactions with police or end up in hospital, Townsend said.

While initiatives like this and the crack pipe vending machine tend to grab headlines, they're all part of how the PHS reduces harm in a cost effective way. It also provides detox, banking services and housing.

"All these things fit in the same basket of intervention," Townsend said, noting that managed alcohol programs have been underway with doctor supervision at one of its social housing sites for eight years. This program simply targets people who are more transient, he said, and there has been no push back at all since it started.

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This time it's not Putin doing the censoring in Sochi

Image control. The International Olympic Committee is strictly enforcing blackout of non-official sponsors

Want to see the glasses and goggles that aerials skier Lydia Lassila and snowboarder Lindsey Jacobellis wore at the Sochi Olympics? If you go to the website of the company that manufactures their eyewear, you might be in for a shock.

On the Australian section of bolle.com, photos of Lassila, Jacobellis and other competitors at the Sochi Games have been digitally blurred to obscure their faces.

This isn't a throwback to the days when Soviet propaganda chiefs airbrushed people out of photos. It's an extreme application of regulations meant to make sure that companies such as Bollé, which do not sponsor the Olympics, don't get to advertise off the back of them.

So the Olympics are a Pepsi-free zone, because Coca-Cola is an Olympic sponsor. In Sochi's Olympic Park, only Visa cards work for payments or in ATMs, again because Visa is a sponsor. At one Sochi venue, an Olympic worker even slapped a white sticker over the Dell logo on a journalist's laptop, because the computer manufacturer isn't an Olympic sponsor.

For Olympians, the dense and confusing thicket of rules severely restricting advertising is a serious issue.

In theory, Olympians could be disqualified if they use the games to plug non-approved brands. The International Olympic Committee even holds athletes responsible for how their sponsors behave outside the Olympic bubble. THE ASSOCIATED PRESS

Open to change

During the Sochi Olympics, the athletes can't let their images be used for any commercial advertising. The blackout applies from nine days before the opening ceremony until three days after the closing — from Jan. 30 to Feb. 26.

Will investors be sweet on Candy Crush Saga?

This screenshot shows Candy Crush Saga. King Digital Entertainment PLC, maker of the maddeningly addictive mobile game, is planning to raise up to $500 million from an initial public offering of its common stock. The company did not disclose how many shares are expected in the IPO or the projected price range. CANDY CRUSH/THE ASSOCIATED PRESS FILE

Mexico City. Harper and Peña Nieto play nice ahead of Three Amigos summit

Canada and Mexico have sealed an agreement to expand air travel between the two countries and renewed their vows to foster mutual economic growth.

Ministers formally signed the travel deal Tuesday under the watchful eye of Prime Minister Stephen Harper and Mexican President Enrique Peña Nieto.

The two countries also renewed their long-standing "joint action plan" to foster economic growth, security, immigration and trade.

Harper's meeting with Peña Nieto will serve as a warm-up of sorts for Wednesday, when they join U.S. President Barack Obama in a North American leaders' summit.

Earlier in the day, as he met with Mexican business leaders, Harper said Canada needs to do more to close its trade deficit with Mexico while attracting more investment from its southern neighbour.

While the 20-year-old North American Free Trade Agreement has fostered commercial growth between the two countries, there are still wrinkles to iron out, he suggested.

"It's a very unbalanced relationship," Harper said.

"Trade flows have gone up enormously, but mostly on the Mexican side. Investment flows have gone up enormously, but almost entirely on the Canadian side. So we probably want to take a look at what we can do to grow some of those things ... in a more balanced way."

In 2012, Canada imported $25.5 billion from Mexico while Canada exported about $5.4 billion to Mexico, the Prime Minister's Office said.

THE CANADIAN PRESS

Prime Minister Stephen Harper walks with Mexican President Enrique Peña Nieto in Mexico City on Tuesday. THE CANADIAN PRESS

A new chapter

Wikipedia turns page, with books

Thanks to a crowd-funding campaign Wikipedia is set to take a retro twist with a set of printed books covering more than 4 million English-language articles over more than a million pages.

METRO WORLD NEWS

A Wikipedia book. METRO WORLD NEWS

Market Minute

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PUPPET MASTER PULLS HIS LAST STRING

JUST SAYIN'

Paul Sullivan
metronews.ca

Who's your favourite Muppet?

C'mon, I know you have one. Most people probably go with Miss Piggy, Kermit, Big Bird or Elmo.

Or maybe Bert & Ernie. There's an iconic New Yorker cover from the summer of Bert snuggling with Ernie, watching TV as the U.S. Supreme Court upholds gay marriage.

But I digress.

You can tell a lot about someone from his or her favourite Muppet. If you're a regular reader you're probably not surprised that I favour the wacky fringe Muppets (especially purple fringe), non-specific species such as Cookie Monster, Animal, Gonzo and the Swedish Chef.

And the Yeppers, multi-headed long-necked beasts that only say "Yep." The Yeppers get me every time.

But my favourite Muppet , hands down (pardon the puppet joke), is Sweetums. Sweetums is a nine-foot, hairy ogre with a big red nose and sharp teeth. Of course, like every Muppet, he's completely harmless, except if you're Kermit.

Sweetums is notorious for turning up whenever Kermit's around and announcing: "Sweetums eat frog now!" then giving chase. It's worth noting that in Muppetland, Kermit is still very much alive.

Which sadly, is not the case with Kermit and Sweetums' creator, Jim Henson, who died a tragic early death at 53 in 1990. Now his son John, a frequent Sweetums puppeteer and voice, has died of a heart attack at 48.

Jim Henson's death was particularly bizarre. He thought he had the flu, but very quickly became gravely ill and died of streptococcal toxic shock syndrome. Jim's wife and John's mother Jane died last year, suffering from cancer and paralysis, at 78.

John, who grew up in the family business, is remembered as an artist with an eye for detail, which he inherited from his dad.

It is a sad irony that this family who brought so much joy to the world has experienced so much suffering.

The family business will continue, but with John's death, I wonder if it will continue to be centred in the sly, generous satire that has elevated the Muppets beyond mere foolery. Like Fraggle Rock, which Henson produced in Toronto for a syndicate that included the CBC. Fraggle Rock was populated by a ridiculous sub-species called the Doozers: green, six-inch, dough-like creatures complete with hard hats who tirelessly and mindlessly erected structures that the Fraggles would absent-mindedly break off and snack on, which didn't faze the Doozers, as it kept them gainfully employed. A wonderfully wry and ridiculous commentary on relationships, mindful or otherwise.

The Muppets may be the only show with built-in critics, Statler and Waldorf, two irascible old grouches who sit in the balcony and carp amusingly about the proceedings.

So there's more to the Muppets than the letter A or the number 1. In fact even the number 1 comes with a purple vampire, Count van Count, who "loves to count."

I hope there's a heaven. Of course, if there isn't, the Hensons will just build it and populate it with the marvellous products of their remarkable imaginations. They're that good.

ZOOM

Does this look familiar?

JOE PEPLER/REX

It's really not as high as it looks

What's this, London's under siege from savage-looking marauders? No, silly, it's just The Wall from the hit series Game of Thrones. HBO commissioned artists 3D Joe and Max to recreate the famed 480-kilometres-long and 215-metres-tall wall, in Bishop's Square, to celebrate the release of season three on DVD and Blu-ray. METRO

Get your climbing crampons on

The Wall, protected by the Night's Watch, keeps the evil White Walkers at bay. Londoners are encouraged to "scale" the wall like character Jon Snow. Fans of the U.S.-owned HBO program, who would prefer to stay in the comfort of their own home, haven't got long to wait for season four of the show, which is due to air in early April. METRO

Artists' view

"We knew we had to do something really special to match the sheer scale of this phenomenal TV show that has swept the globe."

Joe Hill, founder of 3D Joe and Max

Clickbait

LUKE SIMCOE
Metro Online

GETTY IMAGES

With news that athletes are using Tinder to hook up in Sochi's Olympic Village, it seems we've reached a peak in dating apps. There are now a host of apps that fuse technology and flirting, letting you find partners based on location, dietary preferences or how many mutual connections you have on LinkedIn. However, if you find yourself bored, give these hookup apps a spin.

Wingman:
Billing itself as Tinder for the mile-high club, this app lets you flirt with your fellow airplane passengers. The app has yet to launch, but it promises to work over Bluetooth, just in case your 3G service conks out at 30,000 feet.

Kimye:
This iPhone dating simulator puts you inside Kanye's leather jogging pants as he tries to woo Kim Kardashian. Options include dropping a new record to get her attention.

Spreadsheets:
If you've ever found yourself exclaiming that your sex life needs more data analysis, then this cleverly-titled app is for you. Using your phone's microphone and accelerometer, the app determines how successful your coital encounter was.

Twitter

@metropicks asked: Russia's panties are in a twist over lacy lingerie trade ban. What type of clothing would you ban?

@igor_mariano: crocs

@Canucklehead_ca: Speedos. Oh, and whatever this is called - the Borat?

@GeeDubayou: UGGs and yoga pants.

@Mystz: anything from the 80's! :-P

@Metro_DK: Skinny jeans with the arse hanging to the ground. #banthem

@EvanDentremont: yoga pants if not actually doing yoga. Likewise for hockey jerseys.

@mtlkeith: 70,s leisure wear. :(((

@CJBondo: I think the real article deserving a ban are the pants sported by the Russian curling team.

@WillyRBeek: anything and everything with the Montreal Canadians logo printed on it.

@sarahhbeichi: cargo shorts, yuck

@ctmwyn: I'd gladly bid farewell to leggings as pants. #BuhByeOversharers

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Pompeii actioner latest flick to rake over the ancient ashes

Rebirth of Vesuvius. It's the volcanic mount that keeps on erupting, as Resident Evil director offers up his sword-and-sandal take

IN FOCUS
Richard Crouse
scene@metronews.ca

Paul W.S. Anderson's Pompeii burns with love as a slave-turned-gladiator tries to save his girl from eternal preservation. CONTRIBUTED

It's said the people of Pompeii regarded the eruption of Mt. Vesuvius in 79 A.D. with "a response more of curiosity than of alarm." The volcano had burped and belched as many as 50 times over the years, so most of the city's 20,000 citizens didn't pay attention when Vesuvius started to gurgle.

Perhaps they were too busy visiting one of the city's many brothels — like a proto-Las Vegas, this was the richest city of ancient times, ripe with amenities and vice — or enjoying their lunches of broad beans, olives, dormice (plumped up by chefs in terracotta jars) or even garum, made from the first blood of a still-gasping mackerel, to detect the cloud of deadly volcanic ash headed their way.

By the end of the day the dust "poured across the land," claiming 2,000 lives. Buried beneath, "a darkness… like the black of closed and unlighted rooms." The remains of Pompeii and its people were preserved, left untouched for two millennia.

Today the ancient city of Pompeii is one of the most popular attractions in Italy, drawing almost three million tourists annually. But if you can't make it to the Italian region of Campania, a new movie aims to recreate the experience for you.

Pompeii stars Kit Harington, Carrie-Anne Moss, Emily Browning and Kiefer Sutherland in a love story about a slave-turned-gladiator (Harington) who must rescue his beloved, Cassia (Browning), before a rolling mountain of lava and ash dooms her to the ages.

The big action adventure take on the story directed by Resident Evil helmer Paul W.S. Anderson has an ancestor in The Last Days of Pompeii, a 1913 silent sword-and-sandal movie based on the Sir Edward Bulwer-Lytton novel of the same name. That book has been remade eight times.

The most famous version came in 1959. The big budget CinemaScope production was to have been directed by Mario Bonnard, but when he fell ill on the first day of shooting, screenwriter Sergio Leone (who would go on to make classics like The Good, the Bad and the Ugly) stepped in. It's big on pageantry, just as the advertising taglines would suggest. It's a "Fiery Summit of Spectacle," the posters screamed, promising an inside look at, "the City that Lived in Sin and Died in Flame!"

Certainly it's more puffed-up than Up Pompeii, a 1971 Frankie Howerd comedy that featured a speech by emperor Ludicrus Sextus during Vesuvius' eruption.

"I say, Lurcio, how did my speech go?" he asks his servant as the city crumbles.

"Master, you brought the house down!"

Sending up the doom and gloom

"I say, Lurcio, how did my speech go?"

"Master, you brought the house down!"

Conversation between emperor and servant in the 1971 comedy Up Pompeii.

At the studio helm

Production worthy of Goldsworthy

"He's kind of in another realm," Adam Rasmussen says of Tim Goldsworthy. "He's sharp and focused for all the tracking, but at the same time he's cueing up random songs or films that he thinks might be resonating with our performances. He has a way of thinking about the bigger picture and what kind of final touches are going to be necessary for a track. He's brilliant and pretty eccentric." METRO WORLD NEWS

Gardens & Villa ride new wave to Dunes

About three and half hours west of Detroit sits the small town of Benton Harbor. There, in the dead of winter, five Southern California natives and well-known British producer Tim Goldsworthy holed up in a locksmith building-turned-music studio to create Gardens & Villa's new album, Dunes.

After 30 days of recording, during which countless nights were spent watching Chinese cinema and listening to copious amounts of Prince, the group fashioned an album that reveals a significant progression towards a more new wave sound. While Dunes preserves Gardens & Villa's flute, keyboard, and synth-driven melodies, an added electronic vibe thrusts their new album into a realm of organic and nostalgic rhythms.

"A lot of our songs come from jams. We'll get to the space, get inspired by whatever means we find necessary and record these blown-out iPhone recordings that are 12 minutes long," says synth player Adam Rasmussen. "The trick is keeping it pure once you have the ability to start layering stuff."

Since their self-titled debut in 2011, Gardens & Villa has garnered popularity. A popularity that not only carried them into the highly regarded arms of indie label Secretly Canadian, but landed them an opening slot for The Shins and led to their most recent, and otherwise unlikely opportunity to work with Goldsworthy, who is best known for his work with Cut Copy and LCD Soundsystem.

"When we first Skyped with him it was kind of like, 'what the f—! I'm really talking to Tim Goldsworthy right now?'" says Rasmussen of his first meeting with the producer.

After having seen a live video, Goldsworthy was immediately charmed by the band's funky dance music.

"I remember him saying that in a music industry that has become so far weighted to electronic and dance music made by one producer, we were there making the same type of danceable music, but as a band," says Rasmussen. "He was eager to make a band record as opposed to the electronic projects he's been involved with over the years."

METRO WORLD NEWS

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Look what the Cat dragged in: Ariana Grande to duet with Chris Brown

MELINDA TAUB
Metro World News

Today in terrible ideas: Pop starlet Ariana Grande is apparently recording a duet with dreadful human Chris Brown. The two teased their fans on Twitter with what appear to be lyrics from an upcoming collaboration:

"i dug a single seed into the ground, I hope it grows"

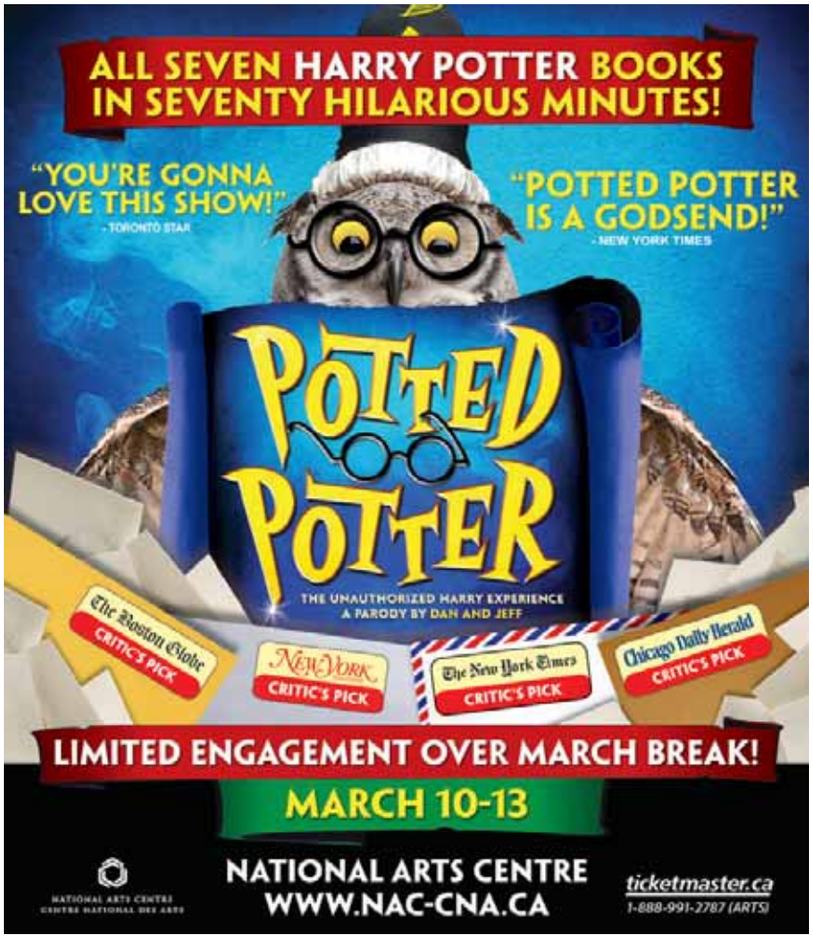
— Chris Brown (@chrisbrown) Feb. 16, 2014

"in a year or two if you're around, you'll see a rose"
— Ariana Grande (@Ariana-Grande) Feb. 16, 2014

After a fan inquired, Ariana confirmed that it's an upcoming song.

Why anyone would think this could be good for Ariana's career is beyond me. The star of Nickelodeon's Sam & Cat, who has such a squeaky clean image that she regularly wears a bow in her hair without a whiff of irony, should not be anywhere near Rihanna-battering human rage ball Chris Brown. Both for career reasons and for her personal safety.

On the bright side, judging by those lyrics, the song will be very bad, so at least I won't have to feel guilty about wanting to download it.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Melissa Joan Hart ALL PHOTOS GETTY IMAGES

Sabrina the Teenage Witch star says she was wild at Hart, just never got caught

When she was a teen star, Melissa Joan Hart enjoyed a fairly squeaky-clean image, but now she admits it was just easier to hide things back then. "It wasn't that I wasn't a bad girl or that I was too much of a good girl, it was that I never got caught," the former Sabrina, the Teenage Witch star explains to Giuliana Rancic in an interview. For example? The night before her first photo shoot for Maxim magazine, Hart let her hair down in a big way. "You're in underwear, so I was feeling a little shy. I actually ended up rolling with some friends, doing ecstasy and going in a limo to my first Playboy Mansion party," she says. And she also admits that she found then-17-year-old co-star Ryan Reynolds a bit too hard to resist when they filmed the Sabrina, the Teenage Witch TV movie — especially after Reynolds gave her a Bulova watch as a wrap gift. "I chased him down, got in front of his car and just kissed him and then made out with him all night. Then I had to call my boyfriend the next day and explain it," she says.

Aniston says domo arigato but no arigato to Japan

Japanese fans of Jennifer Aniston are just going to make do with viewing their idol from afar, at least until the country does something about its dolphin-hunting practises, according to Radar Online. "Jen travels the world to promote her films, but there's a strong exception — and that's going to Japan," a source close to the actress says. "She doesn't allow herself to be contractually required to travel to Japan because of that country's policies toward fishing and specifically the treatment of dolphins. She has vowed not to go to Japan until the country's policies change."

Jennifer Aniston

Twitter

@ABFalecbaldwin
To think that the place I want to move to is called Jerónimos.

@mindykaling
If I was blind I could tell who the hot girls in the nail salon were by how boring their stories are

@pattonoswalt
Hey guys, 1995 called and...oh God. It's become self-aware! THE YEAR 1995 IS SELF-AWARE & SENTIENT. (gunshot)

Twilight star tired of playing fame game

Robert Pattinson

Looks like Shia LaBeouf has some company, as Twilight star Robert Pattinson "doesn't want to be famous anymore," a friend of the actor tells Radar Online. "The cost of fame is the thing he and (ex-girlfriend) Kristen (Stewart) used to complain about all day, that hasn't changed at all for him" since their split. So Pattinson "is looking at a whole new approach to his future and is even considering going to theatre school," the pal claims. "Rob's been talking to a lot of independent filmmakers, and the last thing he wants to do is act in another blockbuster. He would like to direct a movie one day." Because directors, of course, aren't famous.

Belgium thaws Madonna's Frozen

Madonna

Good news, Belgium! You can finally listen to Madonna's 1998 single Frozen again. The track was banned from being purchased or played in Belgium in November 2005 after Madonna lost a copyright infringement lawsuit brought by Belgian songwriter Acquaviva, who claimed the track used the intro to his 1979 song Ma Vie Fout L'camp without permission, according to the Bulletin. But a second lawsuit brought by composer Edouard Scotto Di Suoccio claiming that both Madonna and Acquaviva had actually ripped off his song Bloodnight prompted authorities to re-examine the case, and they've now determined that no sufficient plagiarism took place in either instance.

Stay on track on your Euro trip

Quick jaunt. By taking advantage of Europe's high-speed train system, you can cram in three great cities in less than a week

KAREN KWAN
life@metronews.ca

With detailed planning and travelling by high-speed train, you can fit in the top sights in Madrid, Barcelona and Paris in less than one week — leaving you with vacation days for another holiday.

Catch a sunset in Barcelona on your whirlwind tour. MOYAN BRENN/FLICKR

Day one

Check into the 19th-century-palace-turned-boutique-hotel Único Madrid, then get your retail fix right in this upscale neighbourhood, Salamanca. At the Museo del Prado, see works from Goya, Velázquez and Rembrandt, then next door, enjoy more than 30,000 plants and flowers at Real Jardín Botanico de Madrid. For dinner, walk from Unico to Oter Epicure (order the melt-in your-mouth Iberico ham).

Day two

Spend a quiet morning at the leafy Parque del Retiro. For a tapas lunch (pimientos de padron and tortilla, anyone?), hit up Mercado de San Miguel. Take the subway to Plaza de Toros de Las Ventas for a self-guided tour of this historic bullfighting ring. Snap some requisite photos in Plaza Mayor, the square at the centre of the city, then tour Palacio Real, where the grand decor and paintings from Giordano, Tiepolo and Velázquez will make you want to live like royalty.

Get your retail fix with shopping in Madrid. MOYAN BRENN/FLICKR

Day three

With your Eurail pass — which connects trains run by national train operators in 27 European countries — go to Atocha station, and take a moment to take in its stunning tropical garden. Hop on a high-speed train (some of which can travel as fast as 355 km/hr) and arrive two and a half hours later in Barcelona. Drop your bags at the modern Hotel Indigo. Stroll pedestrian boulevard La Rambla. When peckish, stop at La Boqueria market for warm mushroom salad and pulpo gallega. Fit in one Gaudi site — Parc Güell if it's nice out or Casa Batlló if the weather is inclement.

Day four

Head to La Sagrada Família early to beat the crowds at this unfinished Gaudi masterpiece. Afterwards, take the metro to Barceloneta. Grab a seafood lunch in this fisherman's quarter, then stroll down Passeig Joan de Borbó and kick back for the rest of the day at Platja de la Barceloneta.

Day five

Board a Paris-bound high-speed train with your Eurail pass and arrive six and a half hours later. Check into the conveniently located Millenium Hotel Paris Opéra. Grab a bite at Café Diane in the pretty Tuileries Garden, then with a list of your must-see pieces of art in hand, make a quick visit to the Louvre.

Day six

A quick stop by the Eiffel Tower is a must, non? Afterwards, if it's Wednesday or Sunday, pick up delicious provisions at nearby Marché du Pont de l'Alma. From here, take a Bateau Mouche ride for a fantastic view of the city. Next, walk the crooked narrow streets in Le Marais and stumble upon historic buildings, including the beautiful Place des Vosges. At night, a drink in the buzzy Saint-Germain-des-Près neighbourhood at Les Deux Magots or Café de Flore will complete your quickie trip.

More info

To plan your trip or get more information on the Eurail Pass, visit eurail.com.

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Take a walk on the wizard side

Universal Orlando. Theme park gets set to launch attractions guaranteed to make muggles happy

DEAN LISK
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What's old is new — or at least re-imagined — again at Universal Orlando Resort in Florida. Many of the park's attractions are getting pop-culture injections and technological facelifts to keep up with visitors' expectations to be amazed, entertained and, of course, well fed.

Central to the park's changes is the recent unveiling of Diagon Alley, the secret London side street only accessible to the wizarding world in Harry Potter. Even muggles — humans without special powers, for anyone not familiar with the world of Potter — can soon shop where Hogwarts students purchase their school supplies.

Mark Woodbury, vice-president of Universal Creative, gave the Toronto Star and Metro Canada an exclusive Canadian sneak peek behind the closely guarded security fence of the still-under-construction attraction, which opens this summer.

Created by author J.K. Rowling, Diagon Alley is a hidden road in modern London open only to wizards. The tilting buildings in the alley are the setting of some of the most exciting scenes in the Potter series.

"When people come in they are going to have a first impression of something that is totally mind-boggling," said Woodbury.

Still emerging from the sand-covered ground, punctuated by scaffolding, concrete and wiring, is a scaled-down London, complete with Kings Cross and Charing Cross railway stations, Leicester Square and Wyndham's Theatre. Park guests will walk through one of the city's brick walls and into the magical alley — the details of how are a secret.

Inside the park, visitors will eat at the Leaky Cauldron, visit Ollivanders Wand Shop or buy a novelty item at the Weasleys' Wizard Wheezes. At the far end of the alley is the goblin-operated Gringotts Wizarding Bank; a large fire-breathing dragon will be perched on the roof of the building.

It will also be home to Universal Orlando's newest ride, Harry Potter and the Escape from Gringotts. "It really brings to life the movie," Woodbury said.

Diagon Alley is the second Harry Potter-related experience at Universal's Orlando parks. In 2010, it opened The Wizarding World of Harry Potter, located in Islands of Adventure, which welcomes visitors to Hogwarts castle and the Scottish mountain village of Hogsmeade.

Park guests will soon be shuttled between the two sites onboard the Hogwarts Express. Leaving King's Cross Station, the train will travel along an elevated track through the concrete buildings and paved roads of the anything-but-Potter-like Universal backlot before arriving at the gate of Hogsmeade. Information about the length, time and cost of the trip are as safely guarded as the recipe for butterbeer, a popular drink at The Wizarding World.

Woodbury said special technology, details of which were not part of the announcement, will make passengers think they are travelling through the hedged English countryside and rugged Scottish hills when they look out the train's windows. "Physically it is in the park, but the experience is truly in another place," he said. "It is a dramatic experience."

A spell of change is also being cast at The Wizarding World. Woodbury says Zonko's Joke Shop in Hogsmeade will be incorporated into the soon-to-open Weasleys' Wizard Wheezes in Diagon, giving room for the neighbouring Honeydukes — a sweet shop — to expand.

The Potter plans are just the latest in a series of updates to Universal's two parks. When it opened in 1999, the Amazing Adventures of Spider-Man broke new ground with dark-ride tricks and motion simulation. To keep a rider's Spidey sense tingling, it underwent a hi-def redo two years ago.

Over in Springfield (state unknown) U.S.A., resort chef Steven Jayson, who helped bring butterbeer to the masses, has developed a menu of food inspired by the Simpsons TV series. Park visitors can saddle up next to Barney at Moe's Tavern for a Flaming Moe or Duff beer or enjoy a burger at Krusty Burger. Chicken and waffles are a popular choice at Cleatus' Chicken Shack, while Lard Lad Donuts offers pie-sized doughnuts topped in pink icing.

Online

For more information, visit universalorlando.com.

Visit **telus.com/travel** for more details.

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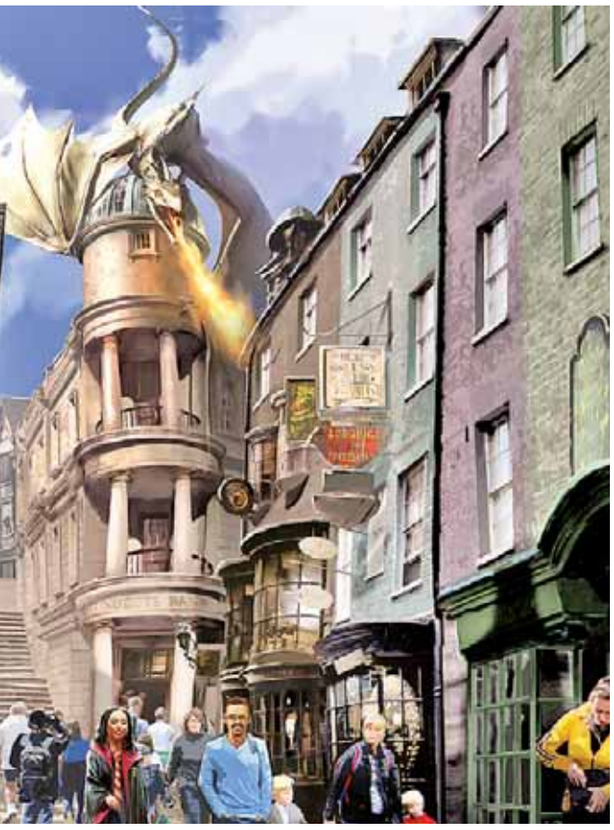

A Cabana to call home. New resort a nostalgic riff on the family road trip

Fun for the whole family awaits at the Cabana Bay Beach Resort. CONTRIBUTED

Universal Orlando is recreating the classic family road trip with its newest hotel complex, the Cabana Bay Beach Resort. Located steps from the park, the design was inspired by mid-century hotels such as those in the Wildwood, N.J., historic resort district.

The property

The north end of the property is slated to open March 31, and features 600 rooms that are spread over three open-corridor buildings, each named after an iconic hotel: the Starlight, Castaway and Thunderbird.

The pool area

The three buildings surround a 10,000-square-foot pool, with a dive tower-inspired fountain, 17 cabanas and the Atomic Tonic pool bar. The south end of the hotel will feature 1,200 rooms in two seven-story towers with a similar-sized pool area between them

Entertainment

A ramp leads from the pool areas of both wings into the upper floor of the main building — avoiding the lobby altogether — where guests will find a fitness centre, games room, bowling alley and cafeteria-style eating at Bayliner Diner.

Family friendly

The rooms are designed with families in mind. A sliding wall separates the two-bed sleeping area from a small sitting area, complete with a queen size pullout. The bathroom is separated into a toilet, shower and sink area, so multiple family members can get ready at once. The suites also come with a small kitchenette with microwave and fridge.

Cabana Bay Beach Resort will open this summer. A standard room will rent for roughly $119 US a night, and the suites for $174 US.

METRO

Bucket List

The Mangroves at San Blas, Mexico

Once a prominent Pacific port, this small fishing town of 10,000 between Mazatlan and Puerto Vallarta is home to 30 km of beaches, winding estuaries, mangrove swamps and one of the most important natural bird shelters in the Western Hemisphere. In La Tovara National Park, you can find more than 300 different species of birds — pelicans, terns, egrets, blue heron, the works — not to mention ocelots and quite a few crocodiles. A boat tour through the watery maze of vegetation and wildlife will remind you of every prison escape movie ever made. San Blas is also home to the Riviera Nayarit region's unsung hero of Mexican cuisine, chef Betty Vázquez from El Delfin Restaurant.

DOUG WALLACE/METRO

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Learn about Canada's black history this month

Heritage sites. There's a lot to be gleaned from booking a tour at these historic locations

ON THE MOVE
Loren Christie
life@metronews.ca

Black History Month is a time to learn about and celebrate the achievements of people of African descent in Canada and around the world. I chatted with Rosemary Sadlier, the president of the Ontario Black History Society, about Canada's most important black heritage sites.

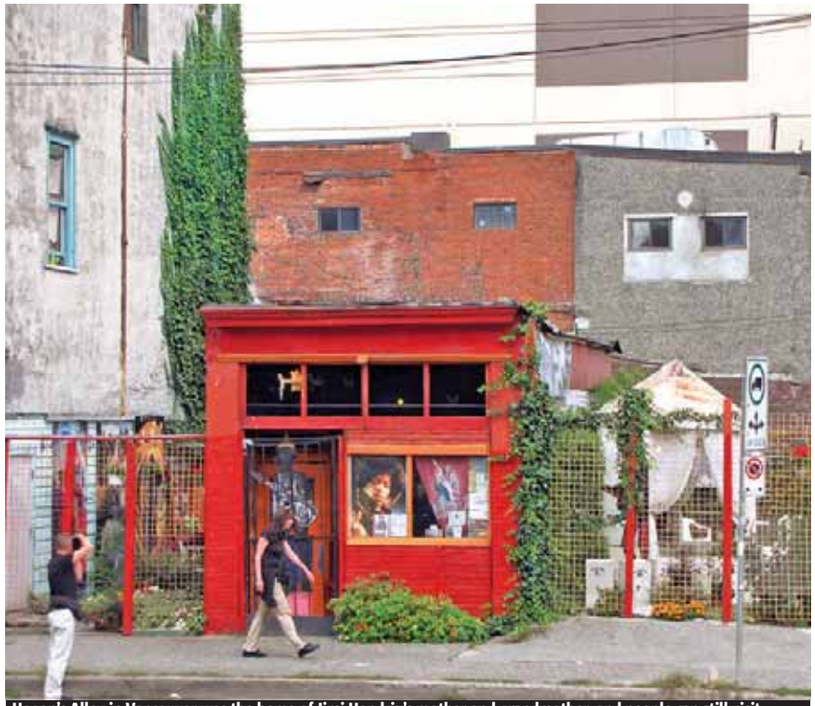
Why is Black History Month important?
We still do not have a required black history curriculum for students and there remain issues with inclusion and diversity that can best be addressed by knowledge and awareness.

Where should people visit to learn more?
Africville was a black community in Halifax begun perhaps as early as following the War of 1812, and torn apart by city officials for the development of the area. The last home was torn down by 1970 and there remains no development, only a cairn dedicated to the memory of the families that had lived there for generations. A National Historic Site since 1996, it is located next to the base of Halifax's MacKay Bridge. The Black Cultural Centre in Dartmouth, Nova Scotia, is a wonderful site to visit for more information on Nova Scotia's Black history.

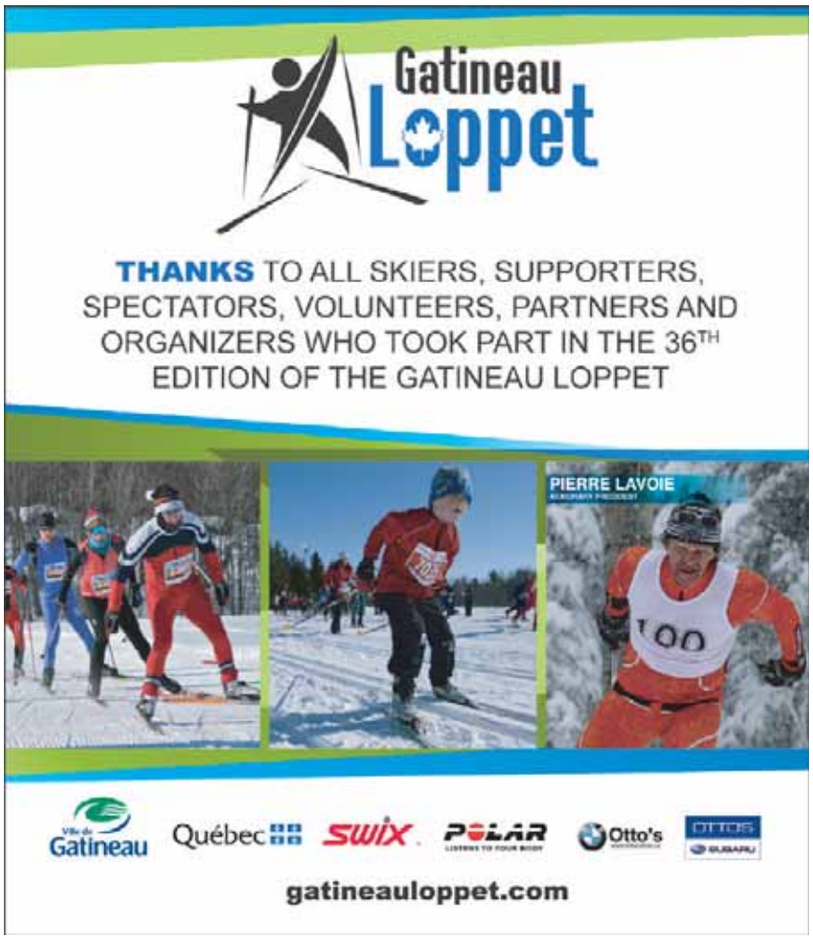
Hogan's Alley was a Vancouver community founded by blacks invited into the area around the time of the gold rush and was a bustling business and cultural area. Jimi Hendrix's mother and grandmother lived in this area. It was mostly destroyed by development but people can still visit the Jimi Hendrix shrine, located on the corner of Union and Main. The shrine is housed in a restaurant that was run by Jimi's grandmother.

The southwestern part of Ontario is also rich in black history and I would suggest the North American Black Historical Museum in Amherstburg, since it was one of the first museums to come into being. Near Windsor, Ont., this site is connected to a historic black church and is near Fort Malden.

Are there tours you can take to learn more?
Much African Canadian history has been lost due to many factors including urbanization. We have a Discover Black History in Toronto tour that has been taken by tourists, students and others in order to learn, to see the areas, to better understand the history that they could not readily be aware of. It can be arranged by contacting the Ontario Black History Society.



Hogan's Alley in Vancouver was the home of Jimi Hendrix's mother and grandmother, and people can still visit the Jimi Hendrix shrine there. LACAFFERATA/FLICKR



There's snow trip like a solo trip

Winter weekend. Tired of hearing about group tours and couples vacays to the tropics? It's me time

ELIZABETH BEDDALL
elizabeth.beddall@metronews.ca

Cobble Beach is located just north of Owen Sound, Ont. CONTRIBUTED

A hissing fire, a glass of Merlot and the worst of a winter storm devolving into howls as it sweeps the windows of a country getaway. Your gaze turns lovingly towards the softly cushioned seat beside you and you notice that it's empty. This is no surprise. You're on a me-cation, and tonight is about you, yourself, and… well, you.

There's been a ferocity to this Canadian winter that has seemed out of the norm. And while taking off to a foreign land to drink in all that lovely Vitamin D sounds wonderful, not all of us can budget the Carribean-bound cash between our amped up gas bills and bulk purchases of replacement mittens.

What I'm hearing you say is that you could use some time away. So why not take a short drive to a quiet location just outside your city this winter, with the goal of spending a solo weekend enjoying decadent spa treatments, exquisite local cuisine and a bed so joyously empty you could do seven rollovers on the duvet before tumbling off? (I may have tried it.) No need to book off time from work and no, you will not be sharing the welcoming chocolate on that pillow, thank you very much.

My recommendation for a not-so-far-away me-cation nook? The Inn and Cottages at Cobble Beach, located in the Township of Georgian Bluffs just north of Owen Sound, Ont., and offering both the solo and the accompanied traveller a handful of excellent options for zoning out in the middle of sub-zero temperatures.

Cobble Beach

- **Address.** 221 McLeese Dr., Kemble, Ont.
- **Price.** Varies based on season and choice of suite from $155/night (standard suite, low season) to $479/night (cottage, peak season). Also available are a variety of packages (spa, golf, dinner)
- **Visit.** cobblebeach.com

Choose from 10 boutique-style inn suites and five two-bedroom cottages, then make the most of the Nantucket-style clubhouse's full service spa (the slimming mud wrap complete with mini facial propelled me into a trance-like state of relaxation) and award-winning restaurant with seasonal and local offerings by executive chef Tim Johnston (don't leave without trying the wild boar tenderloin).

Don't like the idea of being completely cooped up? Enjoy the unfiltered silence that comes with a snowshoe and cross-country ski trek along the stunning property's 18 kilometres of groomed trails, or make a trip out to nearby Coffin Ridge Boutique Winery for a sensational wine sipping.

Sure, this particular vacation venue may be best known for its golfing grounds, but here's a little secret — many resorts like Cobble offer the cozy, the quaint and the totally self-indulgent through the winter as well, often at lower prices.

So for single, overworked, free-this-weekend city dwellers like me, or those who just need a little bit of moi-time this winter, do take a moment to show the most important person in your life some love by booking a me-cation. That pooped, pasty, penniless person in the mirror will thank you.

Meghan Agosta-Marciano, Two-time Olympic Gold Medallist, Hampton Inn Jericho - Westbury
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Mom, dad, meet my new career

Labour of love. Five steps to giving your heart away to that sweet profession

SHANNON MANDEL
TalentEgg.ca

There is no such thing as perfection — in a job or a mate. If you continue to seek it, you will never be satisfied.
ISTOCK

Finding a job is a lot like finding a romantic partner. It's often challenging to find someone you'll be happy with, much like it's challenging to find a satisfying job. Conveniently, the same methods can be effective in helping you achieve both. Here's a list of five steps to help you find true love — in a partner or a job.

Turn to your friends and family

"I know a guy/girl who would be great for you. What do you say, will you let me set you two up? Come on, you know you want to."

Sometimes, your friends and family know you even better than your know yourself. It may be a good idea to seriously consider their suggestions.

They may know someone who would really jive with your sense of humour. Or they may have insight into a job that would really highlight your skills, even if you yourself are not aware that you possess those skills.

Before your friends can let you know about a job or dating opportunity, they need to know that you're looking, so be sure to let your social network know that you're on the lookout for a new job.

Know the difference between love and lust

Lust is finding a prospective date on a website, and falling for their pictures without much regard for their profile. Lust is also being attracted to a job posting with a fancy title, without giving much consideration to the job description.

Looks aren't everything. If you stick to the surface, don't be surprised if it turns out that the date or job wasn't the greatest match for you.

Do you share any common interests with your date? Are you excited about a company's culture and values? These are the factors that count. Dig deep to find out if you're compatible.

Perfection isn't all it's cracked up to be

"I'm really picky."

Everyone has deal-breakers, traits or factors that they simply can not be happy with. You shouldn't settle, but if you're too picky, you might end up passing up great opportunities. Flexibility is an important part of all healthy relationships and job searches. If you think you've found perfection, you're in for a rude awakening someday.

Make a list of your deal-breakers, and give careful thought as to why they are on that list. Though your list will be highly individual, it's a good idea to share it with a trusted friend. Discussing and reflecting might lead you to realize that some things are not as important to you as you initially thought.

Don't put all your eggs in one basket; diversify your search

You're never going to find your soulmate if you keep looking in the same bar week after week.

You might find him or her there, but you increase your chances of finding a better match sooner if you look in several different places. There are many ways to find your soulmate: through a friend, at an event, on a dating website, or through social media are among the most popular. Likewise, friends, networking events, career websites such as TalentEgg.ca and social media conversations are all effective ways of securing a job you'll love.

When you're conducting searches, be both broad and specific. Consider becoming active on mainstream dating websites as well as sites for groups that you consider yourself a part of. Look for jobs on general job search websites and those targeted to your desired career. Of course, don't forget to frequently check TalentEgg.ca for student and recent grad opportunities.

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What if you've found a partner or job, but you're not sure that they're the "one" for you?

- Sometimes, "like" can grow into "love." Take your time before concluding that a romantic partner or job isn't right for you. Before throwing in the towel, communicate with your partner or employer — express what you need from them to feel more fulfilled. Do you need more support? More challenges? They just might listen to you and work with your needs. Now that's a sure sign of a relationship worth saving.
- Finding a job you love, like finding a partner, involves effort and planning. Enlist your friends, dig deep to discover true compatibility, be flexible, leave no stone unturned and put in an effort to turn "like" into "love."

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School of hard jobs?

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SHAHEERAH KAYANI
TalentEgg.ca

Let's face it — as a student, it's easy to feel broke. Between paying for tuition, textbooks, transit, rent and meals, there is often not much left for other things like entertainment and some good old fun. Many students hold the usual part-time jobs, but even that may not be earning you as much money as you'd like.

Here are some easy and quick ways that students can make some extra money.

If you can find some time in your busy schedule as a student and be a bit creative, you can find ways to make a little additional cash on the side. Even if it isn't a lot, as a student, a little can certainly go a long way.

School contests

Be sure to check out various contests being held at your college or university because most of them offer cash, gift cards or other prizes. For example, at Toronto's Humber College, students can win cash just for sending in a short video of themselves. Does your school offer something similar? Find out.

Write for the school newspaper

If you have a passion for writing and reporting school events, then writing for the school newspaper is an excellent way to make some money on the side. Some school newspapers also offer prizes to students just for sending in their submissions, whether it's an opinion piece, some artwork or even a poem. Contributing content not only helps you earn, it may also help you grow a professional network. You can also try out other freelance work such as photography or web design.

Be a website tester

Many companies pay people just to come and test their websites before they are launched or to offer feedback that's used to tweak and improve the sites. Testers are tasked with navigating the website at hand, while a "screen and audio recorder" takes note of your clicks, keyboard strokes and personal comments as you test the website for 15 minutes. For each website tested, you can earn approximately $10. Don't worry, your actual face is not recorded — there is no webcam.

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For Melanie Murchison, a learning experience abroad led to a hunger for more.

While studying law at the University of Winnipeg, she enrolled in a course called Sites of the Ancient World, which involved a three-week trip to Greece.

"I've always wanted to travel and after getting my first opportunity I knew I wanted to do more of it," Melanie says. "It seemed like the best idea was to combine wanting to travel with getting more education."

She chose to complete a PhD in Law at Queen's University Belfast — and says she couldn't be enjoying herself more.

Learning and growing

Melanie says that living abroad has offered her some unique career-building experience, working as a teaching assistant in criminal law and as a legal assistant at a local firm, Herbert Smith Freehills.

- "Doing my PhD in the U.K. has afforded me opportunities to teach in a different country to students doing a different type of law degree than the ones back home," she explains. "It has increased my skill set and made me more versatile."

Getting started

There are a lot of destinations where you can study abroad, so Melanie focused on identifying the most suitable candidates. "Since I don't speak any second languages, I knew I would need to do my schooling in an English-speaking country," she says.

When it came to choosing a destination, inside information came in handy — many of Melanie's family members had visited or lived in the U.K.

She turned her attention to researching programs in her field. "After communicating with potential supervisors, I wound up applying to three universities," Melanie explains. "After being accepted, I researched the financial aspects of the degree more thoroughly and had to decide where I thought I'd get the best supervision and support."

She travelled to Queen's University Belfast in September 2012.

The right fit

Melanie admits that she suffered a little homesickness at first, but kept this at bay by fostering a cat and keeping in touch with family and friends online. She also benefitted from some familiar two-legged company.

"After finishing the first year of my PhD, my best friend from Canada flew over to Europe and we backpacked together through six countries for four weeks," she says.

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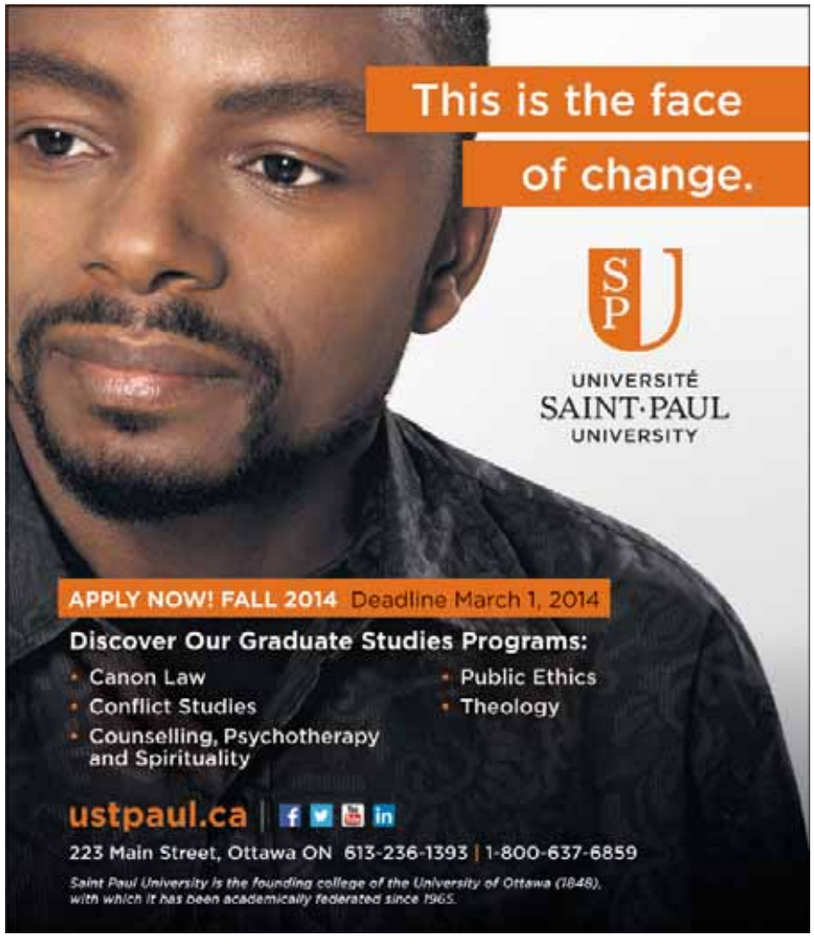
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You don't need an oven for layers of comfort-food perfection

Slow-Cooked Lasagna. Prep this before you leave for work and come home to a delicious meal that just needs a salad

DINNER EXPRESS
Emily Richards
food@metronews.ca

This recipe makes eight servings. HEALTH CANADA

Let your slow cooker do the work and come home to this easy, heartwarming Simple Slow-Cooked Lasagna.

Swap in other greens or cooked vegetables to change things up.

This recipe works best in an oval- or rectangle-shaped slow cooker. If you're using a round slow cooker, you may need to break up the lasagna sheets a bit more.

Ingredients

- 227 g (8 oz) extra lean ground beef
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 10 ml (2 tsp) dried oregano
- 1 ml (1/4 tsp) hot pepper flakes
- 1 jar (700 ml) tomato passata
- 250 ml (1 cup) water
- 1 tub (475 g) 1 % cottage or light ricotta cheese
- 1 pkg (142 g/5 oz) baby spinach, chopped
- 60 ml (1/4 cup) chopped fresh basil or parsley
- 30 ml (2 tbsp) grated Parmesan cheese
- 10 whole wheat or regular lasagna noodles
- 125 ml (1/2 cup) shredded part skim mozzarella

1. Lightly spray inside of slow cooker with cooking spray.

2. In nonstick skillet, brown beef, breaking up with spoon. Scrape out beef into a colander and let drain. Wipe out skillet and return to medium heat; cook beef, onion, garlic, oregano and hot pepper flakes 5 minutes or until softened. Add passata and water and remove from heat.

3. In a bowl, stir together ricotta cheese, spinach, basil and Parmesan cheese.

4. Spread some of the meat sauce over bottom of slow cooker. Lay lasagna noodles in a single layer, breaking as necessary to fit. Top with one quarter of the sauce and one third of the cheese mixture. Repeat layers twice ending with meat sauce on top. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. About 15 minutes before serving lasagna, sprinkle mozzarella over top, cover and let cook on Low until melted.

CHECK OUT THE HEALTHYCANADIANS.GC.CA WEBSITE FOR MORE WINTER RECIPES, PERFECT FOR DINNER AND MORE

Cooking tips

- Run out of fresh basil or parsley? For the fresh basil, sub in 15 ml (1 tbsp) dried basil and for the fresh parsley sub in 30 ml (2 tbsp) dried parsley.
- Swap in lean ground turkey for the ground beef.
- Leftovers make lunch a snap. Add a green salad to round out your meal.

Fettuccine with Garlic-Parmesan Puree serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Mellowing garlic's intensity

The goal was simple: create the most intense garlic pasta.

But there was a caveat. There is no joy in a dish that reeks of too much garlic, or that is so potent it is inedible. You want a garlic pasta that is deeply savoury, delicious and dripped with garlic flavour in every bite, but pleasantly so and without leaving you feeling overwhelmed.

The solution? A simple sauce made from garlic that is poached and pureed. The poaching mellows the garlic's intensity, but not its flavour.

Combine the puree with grated Parmesan cheese and a splash of the pasta cooking water and you have a pasta dish that is over-the-top delicious and outrageously garlicky.

This Fettuccine with Garlic-Parmesan Puree calls for 2 cups of garlic cloves. And yet it calls for very little else. You will be amazed at the depth of flavour you get from so few ingredients.

Ingredients

- 2 cups garlic cloves, peeled
- 2 cups chicken broth
- 12 oz fettuccine pasta
- 2 cups grated Parmesan cheese, plus extra to serve
- Salt and ground black pepper

1. In a medium saucepan over medium-high heat, combine the garlic and broth. Bring to a boil and cook for 12 minutes, or until the broth is reduced by half and the garlic is very tender. Transfer the garlic and broth to a blender and puree until smooth. Set aside.

2. Bring pot of salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes. Reserve 1/4 cup of the pasta cooking water, then drain the pasta and transfer to a large bowl.

3. Pour the garlic puree over the pasta. Using tongs, toss the pasta with the sauce, sprinkling in the cheese as you do it. When the cheese is nearly melted, drizzle in enough of the reserved pasta cooking water to form a smooth sauce. Season with salt and pepper, then serve topped with additional Parmesan.

THE ASSOCIATED PRESS

Snowstorm no match for Riddle's twists

Ski halfpipe. Alberta freestyle skier conquers challenging conditions to win silver medal in Olympic debut of competition

A big blast of winter weather finally arrived at the Sochi Games on Tuesday night, dumping a big helping of thick snow just in time for the Olympic debut of the men's ski halfpipe competition.

The challenging conditions didn't faze Canada's Mike Riddle at all. The veteran freestyle skier stuck with his plan to unveil a new combination for his final run and it helped him win a silver medal.

"I managed to link together some tricks that I haven't done before," Riddle said. "I couldn't be happier with the result."

Riddle hit back-to-back double cork 1260's for the first time — three and-a-half rotations with two twists per trick — and it was enough to wow the judges at Rosa Khutor Extreme Park. The rest of his run was clean and it earned him a score of 90.60 points.

"Just to be here is unbelievable and then to get a medal — I'm speechless," he said.

American David Wise took the gold with a total of 92.00 and Kevin Rolland of France won bronze with 88.60 points. Calgary's Noah Bowman finished fifth while Justin Dorey of Vernon, B.C., missed jumps in both his final runs and ended up 12th.

Riddle won a world title in 2011 and took the overall World Cup crown last season.

"I did have more in the arsenal that I wanted to bring out but conditions made it kind of impossible to maintain speed," he said.

Riddle had reached the top 10 in his last 12 competitions entering the Games. He was sixth after a mediocre first run.

"You had to land really high on the transitions to be able to maintain speed for your next trick in order to link together your run," he said. "So if you weren't perfect, you were done, basically. Every trick had to be pretty much perfect."

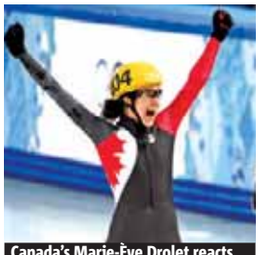
THE CANADIAN PRESS

Remembering Sarah Burke

"It's awesome to be here but I know that she should be here, too."

Mike Riddle, on freestyle skiing trailblazer Sarah Burke, who died in a training accident in 2012

Mike Riddle performs a trick in the men's ski halfpipe competition on Tuesday in Sochi. MIKE EHRMANN/GETTY IMAGES



Canada's Marie-Ève Drolet reacts upon learning her team won the silver medal in the women's 3,000-metre relay. THE CANADIAN PRESS

Canadians find silver lining on short track

It was a bittersweet day for Canada's Olympic short-track speedskating team.

Gold-medal hopeful Charles Hamelin crashed out of the 500-metre heats on Tuesday, but within the hour Canada's women's 3,000-metre relay team won a silver medal.

"We feel great. We are really happy to have got the silver medal," said speedskater Jessica Hewitt. "I have never been on an (Olympic) podium before and we have worked very hard for this."

South Korea won gold in the women's relay with a time of four minutes 9.498 seconds, followed closely by China. However, the Chinese were disqualified because their skaters did not immediately leave the track after passing off to their teammates.

That bumped the Canadian team of Marie-Ève Drolet, Hewitt, Valérie Maltais and Marianne St-Gelais up from third place. Canada's final time was 4:10.641.

"We tried a different strategy here; making the exchange on different corners, so it got a little messy at times but we did well and then it just so happened that China were disqualified so we got the silver," said Hewitt. "We tried to put our best foot forward and to be there at the end of the race." THE CANADIAN PRESS

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Defending champs sit behind U.S.

Women's bobsled.
Canadians 0.23 seconds back, but they aren't stressing the numbers

Kaillie Humphries and Heather Moyse don't know how much work they still have to do if they want to defend their Olympic title.

It's just the way they like it.

Calgary's Humphries and Moyse, from Summerside, P.E.I., sit 0.23 seconds behind leaders Elana Meyers and Lauryn Williams of the United States after a pair of runs Tuesday.

"We don't really look at times so I don't even know how big the gap is. And we don't want to know," said Humphries.

The gap isn't insurmountable, but the pair will need Meyers and Williams to slow down during Wednesday's final two runs after the Americans set a start and track record of 57.26 seconds in their first heat.

Meyers and Williams finished with a combined time of 1:54.89, just better than the 1:55.12 mark set by Humphries and Moyse.

Humphries wasn't going to be bothered by what she didn't know.

"We just try to have fun. Knowing where other people are just complicates that," she said.

Another American sled was third, with Jamie Greubel and Aja Evans 0.56 seconds behind their teammates.

Edmonton's Jenny Ciochetti and Chelsea Valois of Zenon Park, Sask., were 13th.

Humphries and Moyse, who took gold at the 2010 Vancouver Games, were favourites to repeat after winning three World Cup events this season and edging Meyers for the overall championship by one point.

But the stakes are much higher in Sochi, and although the two are close friends after training and rooming together last summer, Meyers and Humphries are going hard for gold.

Kaillie Humphries and Heather Moyse take a turn during a training session on Sunday in Krasnaya Polyana, Russia. MICHAEL SOHN/THE ASSOCIATED PRESS

That Meyers and Williams are in the lead is a surprise given their shaky start to the event. The pair crashed during their initial training run and the following day they damaged their sled after hitting a wall near the finish.

That's all behind them now.

"It feels pretty good but we've got a lot of work to do," said Meyers, who won bronze in Vancouver pushing for Erin Pac. "Kaillie's a great driver. Jamie's driving great as well. It's not over."

THE CANADIAN PRESS

The leaders

"It feels pretty good but we've got a lot of work to do.... Kaillie's a great driver. Jamie (Greubel)'s driving great as well. It's not over."

U.S. bobsledder Elana Meyers, who won bronze in Vancouver pushing for Erin Pac, on competing against the Canadians.

Hamelin after fall: 'This sport can be ... very cruel'

Charles Hamelin crashes out in a men's 500m short track speedskating heat at the Iceberg Skating Palace on Tuesday in Sochi. DAVID J. PHILLIP/THE ASSOCIATED PRESS

It is as if his brother Fraçois's fall during the men's relay derailed Charles (the Locomotive) Hamelin.

After starting the 2014 Winter Games with a gold medal in the 1,500 metre race, Canada's top short-track speedskater inexplicably went into neutral.

There was talk of Hamelin taking medals in all four men's events, but that ended when his younger brother François stepped on a marker disc and fell, ending Canada's hopes of defending the relay gold they won in 2010 in Vancouver.

The bottle they symbolically threw into the Black Sea containing their bad luck and frustration didn't change anything.

In two events since then, Charles Hamelin has fallen — in the 1,000 metre quarterfinals on Saturday and again Tuesday in his 500 metre heat — keeping him from even making the finals.

"Crazy bad luck," was how the Ste-Julie, Que. skater described the falls. "I have no explanation, no excuses."

It will be up to his teammates Charle Cournoyer of Boucherville, Que., and Olivier Jean of Lachenaie, Que., who each won a 500 metre heat, to try for a medal on the final day of short track on Friday.

The latest setback left Hamelin very angry. He went off by himself for a while before returning to talk to the media.

"I was coming out of the dressing room when he came in and all I heard was crash, bang," said Hamelin's girlfriend, Marianne St-Gelais, a silver medallist on the women's relay team. "I'm glad I wasn't in there."

"I wanted to wreck everything in my path," said Hamelin. "I was really frustrated.

"This sport can be either great or very cruel," he said. "It's not the end of the world. I won gold in the 1,500 and that's a first for our team in that event."

THE CANADIAN PRESS

Frustration

"I sat down, got out of my suit and I cried. I couldn't stop asking, 'Why?'"

Charles (the Locomotive) Hamelin after falling during his 500 metre heat and missing the finals

Competitive imbalance

Women's hockey here to stay: IIHF

Amid concerns about competitive imbalance between Canada and the United States and the rest of the countries involved, International Ice Hockey Federation president René Fasel on Tuesday guaranteed women's hockey would not be taken out of the Olympics.

After NHL commissioner Gary Bettman said he would be "distressed" to see that happen, Fasel spoke up to reassure him.

"That will never happen," Fasel said. "I can guarantee that will never happen."

Bettman responded with: "Perfect, that's what I was hoping you would say."

THE CANADIAN PRESS

Speedskating

Shocker leads to Dutch's 4th sweep

Jorrit Bergsma set an Olympic record and led another Dutch speedskating sweep Tuesday, winning the 10,000 metres with an upset of countryman and favourite Sven Kramer, who settled for silver.

THE ASSOCIATED PRESS

Biathlon

Svendsen wins gold for Norway

Norway's Emil Hegle Svendsen edged French rival Martin Fourcade by the length of a ski tip Tuesday to win the last individual biathlon gold of the Sochi Olympics, the men's 15-kilometre mass start race.

THE ASSOCIATED PRESS

Norway's Emil Hegle Svendsen leads France's Martin Fourcade during the men's biathlon 15k mass-start. FELIPE DANA/THE ASSOCIATED PRESS

Russia 4, Norway 0. Relief in Sochi as hosts advance

When Alexander Radulov pumped both fists and let loose a jubilant scream, an entire hockey nation also exhaled for a day.

Although the Russians are labouring through their home Olympics, a few timely goals and two brilliant goalies are keeping them alive.

Radulov had two goals and an assist, and Russia survived its first elimination game with a 4-0 win Tuesday over Norway.

Alexander Radulov
GETTY IMAGES

Sergei Bobrovsky made 22 saves in the second straight shutout for the fifth-seeded Russians, who earned a date with Finland in the quarter-finals Wednesday. THE ASSOCIATED PRESS

Czech Rep. 5, Slovakia 3

Cervenka seals victory in 2nd

Roman Cervenka scored for a second time late in the second period to give the Czech Republic a four-goal lead, and it went on to beat Slovakia 5-3 on Tuesday and advance to an Olympic quarter-final match against the United States. THE ASSOCIATED PRESS

Slovenia 4, Austria 0

Sweden set to test feel-good story

Slovenia added another chapter to its feel-good story.

The Slovenes beat Austria 4-0 on Tuesday in the men's hockey Olympic qualification round and play top-seeded Sweden on Wednesday in the first of four quarter-final games. THE ASSOCIATED PRESS

Latvia 3, Swiss 1. Canada awaits upset winners

Latvia's reward for its first Olympic win in 12 years is a quarter-final date with defending champion Canada.

That sobering realization couldn't dampen the thrill for coach Ted Nolan and his underdog players.

Oskars Bartulis and Lauris Darzins scored in the first period, and Latvia reached the Olympic men's hockey quarter-finals for the first time with a 3-1 win over Switzerland Tuesday night. THE ASSOCIATED PRESS

'We just need one more than the other team'

Style points don't count. Team Canada still adjusting to big ice, but winning remains bottom line

Sidney Crosby talks with Canada's starting goalie, Carey Price, during practice on Tuesday in Sochi. Asked about Olympic pressure Tuesday, Price replied: "I live inside a bubble anyway. I don't get into too much about what anybody has to say, really."
NATHAN DENETTE/THE CANADIAN PRESS

No matter which forwards Team Canada dresses for its quarter-final, they've combined to score well over 300 goals in the NHL this season.

No team in Sochi features that kind of depth, and yet one concern going into Wednesday's game against Latvia is a lack of offence up front. As this becomes a single-elimination tournament, Canada doesn't need 300 goals.

"We just need one more than the other team," Babcock said.

Getting that one big, important goal could make or break Canada moving forward. As the game against Finland showed, offence can be tough to come by on the international ice, especially against well-structured European opponents.

Finding a way to get to the middle of the ice and closer to the net was a major emphasis in practice Tuesday and could be the difference between reaching the semifinals and going home early.

"You watch our games and we've been on the outside a lot," said winger Corey Perry, who will have a new linemate in Jamie Benn between him and Ryan Getzlaf. "To get shots to the net, to get second opportunities, that's what the three of us are going to do."

For all the talk about the big ice in advance of Sochi, it has made a difference — but not the way some figured.

Just because there's more space doesn't necessarily mean there's more room to get creative offensively.

The Canadians scored six goals against Austria after scoring three in the opener against Norway, but it was against Finland where they learned a lesson. Holding onto the puck in the offensive zone paved the way for plenty of shots, but it was like a basketball team trying to shoot just from the outside. With a rink that's 15 feet wider, it's much more difficult to get quality scoring chances.

"You're a long ways from the net when you're hanging out on the wall," said Jeff Carter, who leads all Canadian forwards with three goals. "We talked about that and maybe trying to shrink the ice a little bit and getting to the (faceoff)-dot lines and just kind of make it feel more like an NHL-size rink." THE ASSOCIATED PRESS

Not so beautiful game on ice

"I almost like to say it's comparable to soccer, almost, because the game feels very neutral."

Centre Jonathan Toews, on the international-sized ice in Sochi.

Canadian duo grew weary of coach's split allegiances

Tessa Virtue and Scott Moir of Canada sit with their coach Marina Zoueva as they wait for their results in the ice dance free dance on Monday in Sochi. Zoueva also coaches Meryl Davis and Charlie White, who beat Virtue and Moir for the ice dance gold. VADIM GHIRDA/THE ASSOCIATED PRESS

Figure skating. Moir says he wanted more support from Zoueva, but concedes she wasn't 'in an easy position'

Marina Zoueva didn't accompany Tessa Virtue and Scott Moir to the Canadian championships this season, attending the U.S. nationals held over the same week instead.

The coach didn't march with Canada in the opening ceremonies of the Sochi Olympics, marching with the U.S. team instead.

A day after the Canadian ice dancers won Olympic silver behind Meryl Davis and Charlie White, Virtue and Moir lamented Zoueva's split allegiances, admitting to times during this season when they wondered if staying in Canton, Mich., was even a good idea.

"There were moments for sure," Moir said. "We needed to take a step back and re-evaluate if our situation was ideal and if it was going to be the training atmosphere that got us on top of the podium.

"We were both pretty blunt with her in the fall and even leading up to the Olympics that we weren't happy and we felt that sometimes she wasn't in our corner.... She's not in an easy position."

Virtue and Moir praised Zoueva for how she handled the delicate situation. The coach listened, they said, and reshaped parts of their program.

Americans take over

Virtue and Moir edged the Americans for gold in Vancouver and then went on to win the 2010 and 2012 world championships. But results started tipping in Davis and White's favour this season with judges seemingly preferring the Americans' style.

- "I guess styles or preferences ... I'd be lying if I sat up here and said I didn't feel that in December and in the fall," Moir said.

"I'm fine. It's OK. I made them first and now they are second. It's OK, really," said Zoueva when asked about Virtue and Moir's comments.

THE CANADIAN PRESS

CFL

Redblacks bolster receiving corps

The Ottawa Redblacks have added veteran receivers Aaron Hargreaves and Kierrie Johnson to their roster.

Hargreaves began his career in 2008 with the Winnipeg Blue Bombers and has played with the Edmonton Eskimos and last season with the Saskatchewan Roughriders.

Johnson, an import, began his CFL career in 2011 with the B.C. Lions before also joining Saskatchewan prior to last season.

Hargreaves has 56 career catches for 548 yards in the CFL and Johnson caught 34 passes for 512 yards and one touchdown in two seasons for the Lions. He also ran the ball 14 times for 76 yards in two seasons with B.C. and returned kicks.

THE CANADIAN PRESS

Kierrie Johnson GETTY IMAGES FILE

NFL. Incognito takes on softer tone in wake of bullying investigation

Dolphins offensive lineman Richie Incognito offered apologies to teammate Jonathan Martin, team owner Stephen Ross and investigator Ted Wells on Tuesday in the wake of the NFL-ordered report detailing a racially charged bullying scandal.

The report stated there was a "pattern of harassment" committed by Incognito and teammates John Jerry and Mike Pouncey that extended to two Dolphins linemen and an assistant trainer, all targets of vicious taunts and racist insults.

On his Twitter account, Incognito wrote, "I would like to send Jonathan my apologies as well. Until someone tells me different you are still my brother. No hard feelings :)"

He also apologized to Wells and Ross, saying "this (stuff) got cray, cray."

"There are no winners in the courts," he wrote. "Just families left to deal with their decisions and pick up the pieces. You can't free something."

Incognito, 30, had closed his Twitter account for two days, but returned Monday night with a noticeably different tone, apologizing for "acting like a big baby."

Richie Incognito GETTY IMAGES FILE

The six-foot-three, 319-pound lineman said he wants to play football again.

Incognito's contract with the Dolphins is about to expire, making him an unrestricted free agent who can sign with any team. Where he'll end up remains to be seen.

It's unclear if Incognito will face punishment from the NFL moving forward. League spokesman Greg Aiello told The Associated Press on Monday that the NFL will comment "at the appropriate time" on Wells' report.

THE ASSOCIATED PRESS

MEDALS

Nation	G	S	B	Tot.
Netherlands	6	6	8	20
United States of America	6	4	10	20
Russian Federation	5	8	6	19
Norway	7	4	7	18
Canada	**4**	**9**	**4**	**17**

WHAT CANADA DID

TUESDAY

ALPINE SKIING

Women's Giant Slalom - Erin Mielzynski, Guelph, Ont., finished 21st with a time of two minutes 40.69 seconds, 3.82 seconds out of first, after coming in 20th in the opening run and 18th in the final run. Marie-Michele Gagnon (Lac-Etchemin, Que.) and Marie-Pier Prefontaine (St-Sauveur, Que.) did not finish their opening run.

BIATHLON

Men's 15 km Mass Start - Brendan Green, Hay River, N.W.T., 9th, (43 minutes, 38.3 seconds, +1:09.2); Jean-Philippe Le Guellec, Shannon, Que., 10th, (43:41.6); Nathan Smith, Calgary, DNF.

BOBSLEIGH

Women's - Kaillie Humphries (Calgary) and Heather Moyse (Summerside. P.E.I.), are second overall after two runs with a time of one minute 55.12 seconds, 0.23 of a second out of first. Jennifer Ciochetti (Edmonton) and Chelsea Valois (Zenon Park, Sask.) are 13th (1:57.06). Heats 3 and 4 take place on Feb. 19.

FREESTYLE SKIING

Men's Ski Halfpipe - Mike Riddle (Sherwood Park, Alta.) won the **silver medal** with a second run score of 90.60, 1.40 points out of gold. Noah Bowman (Calgary) was fifth overall (82.60) while Justin Dorey (Vernon, B.C.), who was first in the qualifying round, fell in both final runs and ended up 12th (20.40).

SHORT TRACK

Men's 500 m - Charle Cournoyer, Boucherville, Que., (41.18) and Olivier Jean, Lachenaie, Que., (41.616) both won their heats and advanced to the quarter-finals on Friday. Defending Olympic champion Charles Hamelin, Montreal, (1:18.871) fell and finished fourth in his heat and failed to advance.

Ladies' 1000 m - Valerie Maltais, La Baie, Que., (1:28.771) and Marie-Eve Drolet, Chicoutimi, Que., (1:31.273) both advanced to the quarter-finals on Friday, finishing their heats first and second respectively. Marianne St-Gelais, St-Felicien (2:05.206) did not qualify for the quarter-final.

Ladies' 3000 m Relay - Canada moved up to the **silver medal** position after China was disqualified. Marie-Eve Drolet (Chicoutimi, Que.), Jessica Hewitt (Kamloops, B.C.), Valerie Maltais (La Baie, Que.), Marianne St-Gelais (St-Felicien, Que.) finished with a time of four minutes, 10.641 seconds, 1.143 seconds out of gold.

SNOWBOARD

Men's Snowboard Cross - Kevin Hill (Vernon. B.C.) did not finish his semifinal race and placed 8th overall. Christopher Robanske (Calgary) was disqualified in his quarter-final race and finished 17th overall. Jake Holden (Caledon, Ont.) did not advance in his qualifying heat, while Robert Fagan (Cranbrook, B.C.) was disqualified from his. Both finished tied for 25th overall.

CURLING

All Times Eastern

MEN

Country	W	L
x-Sweden	8	1
x-Canada	**7**	**2**
x-China	7	2
x-Britain	5	4
Norway	5	4
Denmark	4	5
Russia	3	6
Switzerland	3	6
United States	2	7
Germany	1	8

x — qualifies for playoffs

Tuesday's result

TIEBREAKER

Britain 6 Norway 5

Wednesday's games

SEMIFINALS

Sweden vs. Britain, 10 a.m.

Canada vs. China, 10 a.m.

WOMEN

Country	W	L
x-Canada	**9**	**0**
x-Sweden	7	2
x-Britain	5	4
x-Switzerland	5	4
Japan	4	5
China	4	5
Denmark	4	5
South Korea	3	6
Russia	3	6
United States	1	8

x — qualifies for playoffs

Monday's results

Britain 9 Russia 6

South Korea 11 United States 2

Japan 8 China 5

Switzerland 10 China 6

Denmark 8 Britain 7

Canada 9 South Korea 4

Sweden 8 Japan 4

Wednesday's games

SEMIFINALS

Canada vs. Britain, 5 a.m.

Sweden vs. Switzerland, 5 a.m.

HOCKEY

PRELIMINARY ROUND

All times Eastern

MEN

Group A

	GP	W	OTW	OTL	L	GF	GA	Pts
U.S,	3	2	0	0	0	15	4	8
Russia	3	1	0	0	0	8	5	6
Slovenia	3	1	0	0	2	6	11	3
Slovakia	3	0	0	0	2	2	11	1
Group B								
Canada	**3**	**2**	**1**	**0**	**0**	**11**	**2**	**8**
Finland	3	2	0	1	0	15	7	7
Austria	3	1	0	0	2	7	15	3
Norway	3	0	0	0	3	3	12	0
Group C								
Sweden	3	3	0	0	0	10	5	9
Switzerland	3	2	0	0	1	2	1	6
Czech Rep.	3	1	0	0	2	6	7	3
Latvia	3	0	0	0	3	5	10	0

Note: Three points awarded for a regulation win, two for an overtime/shootout win and one for an overtime/shootout loss.

Tuesday, Feb. 18

QUALIFICATION PLAYOFF ROUND

Slovenia 4 Austria 0

Russia 4 Norway 0

Czech Republic 5 Slovakia 3

Latvia 3 Switzerland 1

Wednesday's games

QUARTERFINALS

Slovenia at Sweden, 3 a.m.

Russia at Finland, 7:30 a.m.

Latvia at **Canada**, 12 p.m.

Czech Republic at United States, 12 p.m.

Friday's games

SEMIFINALS

TBAA at TBAH, 7 a.m.

TBAA at TBAH, 12 p.m.

Saturday's games

BRONZE MEDAL GAME

TBAA at TBAH, 10 a.m.

Sunday's games

GOLD MEDAL GAME

TBAA at TBAH, 7 a.m.

WOMEN

Tuesday's results

SEVENTH PLACE GAME

Germany 3 Japan 2

FIFTH PLACE GAME

Finland 4 Russia 0

Thursday's games

BRONZE MEDAL GAME

Switzerland at Sweden, 7 a.m.

GOLD MEDAL GAME

Canada at United States, 12 p.m.

IT'S SHOWTIME SALES EVENT

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Honda hit hybrid high in 2014

PHOTOS: WHEELBASEMEDIA.COM

Review. The last time Honda made a hybrid as impressive as the Accord it was over a decade ago with the original Insight

MALCOLM GUNN
wheelbasemedia.com

When a new hybrid sedan is called for, it appears that Honda is finally prepared to step up and deliver.

But instead of just one version of the Accord, there are two to consider: the Accord Plug-In that might possibly come to Canada (it's now available stateside); and another with less battery juice that you don't plug in.

Both hybrids can operate on battery or gasoline power independently or together in combination. It's the type of system commonly used in the Toyota Camry, Ford Fusion and Hyundai Sonata/Kia Optima duo.

Up to now for Honda, the electric motor operated only in tandem with the gas engine (referred to as a partial or mild hybrid). That makes for good, but not exactly leading-edge fuel economy, and Honda has come up short in challenging Toyota and others for its rightful share of the expanding hybrid market. Until now, that is (see factbox).

The secret to the Accord Hybrid is what Honda calls its Intelligent Multi-Mode Drive, or i-MMD. The system consists of two electric motors that are serviced by a lithium-ion battery pack plus a 141-horsepower 2.0-litre four-cylinder engine. One 166-horsepower electric motor serves as the Accord's primary powerplant and principally drives the front wheels, while the other motor acts as a fixed-ratio direct-drive continuously variable transmission (referred to by Honda as an e-CVT).

The gasoline engine functions exclusively as a generator for much of the time (sort of like the Chevrolet Volt) by supplying power to the drive motor as well as helping to recharge the batteries. But at cruising speeds above 70 km-h, it seamlessly connects to drive the front wheels, with or without electric-motor assist, depending on the load (accelerating and or heading uphill). In these instances, the system's 195 net total horsepower and 226 pound-feet of torque come into play.

The reason the Accord's city fuel economy is so impressive is that at speeds below 70 km-h, and under light-load conditions, only the electric drive motor is functioning to power the front wheels, or while the batteries have sufficient juice.

The entire drivetrain is cradled in a weight-saving all-aluminum sub-frame that replaces the steel and aluminum one installed in regular Accords. Additionally, an aluminum rear bumper beam replaces the steel version. The weight savings help partially offset the battery pack that's packaged behind the rear seat and reduces trunk space by about 25 per cent.

Accord Hybrid pricing begins at $31,300, including destination charges for the base model, which includes a wide assortment of content. The Touring trim level adds forward collision and lane departure warning safety systems, moonroof and a premium sound package along with LED headlights, adaptive cruise control (which keeps you following at a safe distance) and a navigation system.

Without question Honda has become a technological leader in gasoline-electric propulsion. Whether the company can trade on the Accord's already rousing success and convert new buyers would seem to be a foregone conclusion. Why? It's the hybrid that everyone knew Honda could build.

2014 Honda Accord Hybrid

- **Type.** Four-door, front-wheel-drive mid-size sedan
- **Engines (hp)** 2.0-litre DOHC I4 (141) and a 166-horsepower electric motor (195, net)
- **Transmissions.** Continuously variable
- **Base price (incl. destination).** $31,300

Design

Visually, the Accord Hybrid lacks the different nose that has been assigned to its Plug In counterpart, but it does feature a blue-accented grille, headlights and running lights, plus unique 17-inch wheels. Also, a trunk spoiler and special lower body panel improve vehicle aerodynamics (to help reduce fuel consumption)

Fuel economy

Honda claims it has leap-frogged the pack with a class-leading 3.7 l/100 km in the city and 4.0 on the highway. The top-selling Toyota Camry hybrid is rated at 4.5/4.9 and the Ford Fusion at 4.0/4.1. The Accord also beats out both the Hyundai Sonata and Kia Optima hybrid models that are rated at 5.4/4.9.

Compare

1 Ford Fusion hybrid
Base price: $30,400

2 Toyota Camry hybrid
Base price: $29,500

5 DRIVE

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

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‡BI-WEEKLY LEASE ONLY AVAILABLE ON 48-MONTH TERMS OR GREATER.

HONDA

Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Selling prices and payments include freight and PDI (ranges from $1,495 to $1,695 depending on 2014 model), EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic DX models), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ΩRepresentative bi-weekly lease example: 2014 Civic DX Sedan // 2014 Accord LX Sedan 6MT // 2014 CR-V LX 2WD on a 60 month term with 130 bi-weekly payments at 2.99% // 2.99% // 1.99% lease APR. Bi-weekly payment is $87.93 // $128.00 // $134.00 with $0 // $1,470 // $879 down or equivalent trade-in, $650 // $0 // $0 lease incentive deducted from the negotiated selling price before taxes (applies only to Lease contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program), down payments, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,431.45 // $18,110.61 // $18,299.02. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ••Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2013. ∞Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.

Heavy-duty trucks built to be invincible

Driving Force. GM, Ford and Chrysler are sole trio to sell half-ton-plus beasts and their capabilities don't go unnoticed

JIL MCINTOSH
Drive@metronews.ca

This GMC can carry more, the axels are larger and the shocks are stronger.

However, the down side is they weigh over a half ton and fuel economy isn't great. But this is the price people pay and accept with heavy-duty trucks. BOTH PROVIDED

If you have a big job to do, chances are you'll need a big truck. Heavy-duty pickup trucks usually look similar to their lighter-duty siblings, but they're built to handle more stress.

"The difference is in their capability," says Jeff Luke, executive chief engineer for General Motors' full- and mid-size trucks. "Everything is upsized and stronger."

Pickup trucks are designated by their payload capacity, which is the combined weight of passengers and cargo they can carry, measured in tons. A light-duty truck, which is badged as a 1500 or 150 depending on the manufacturer, is popularly called a half-ton.

Heavy-duty trucks are rated in three-quarter-ton (badged as 2500 or 250), and in one-ton (3500 or 350).

These "ton" names are actually out of date, and modern trucks can handle much more—GM's new one-ton can carry more than three times that much. They were introduced back when trucks had far less capacity, and a half-ton could only carry 1,000 lbs., but the names have stuck. Buyers should look at the actual specifications for each truck to determine what they need.

Building a heavy-duty truck starts with the frame. While it's basically the same overall dimension as on a half-ton truck, the sections are thicker to handle heavier loads. The axles are larger, the shocks are stronger, and the tires are built to take more weight. Some trucks have dual rear wheels, which spreads the load across four tires and allows for even more capacity.

Heavy-duty trucks will offer diesel engines, which provide the highest amount of torque—the low-end pulling power needed to move heavy loads or big trailers. The transmission and rear end have to be strong enough to handle the engine's power as well.

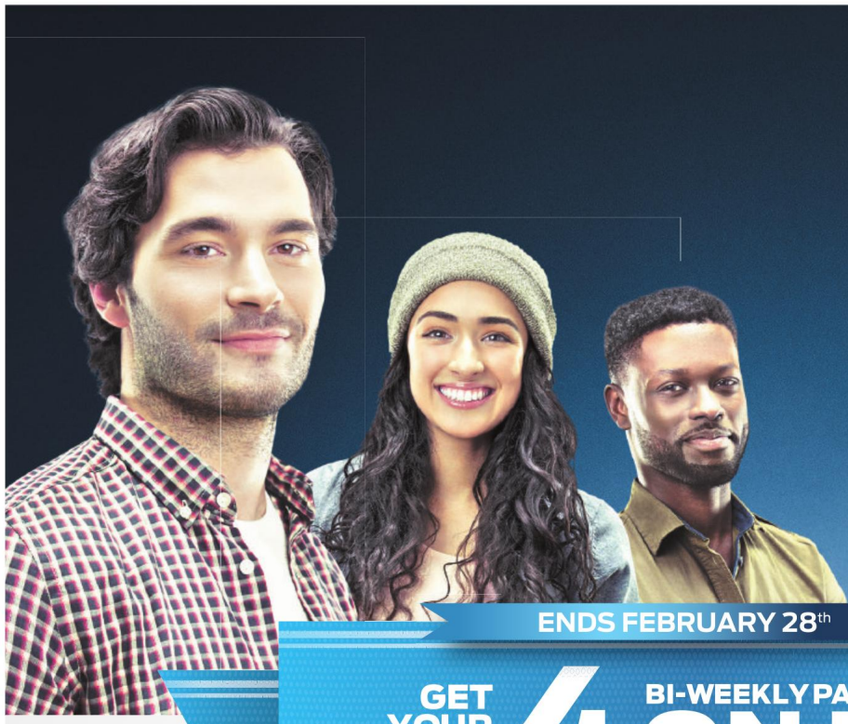
When the engine is working hard, keeping it cool is an issue. "The radiator will be larger and heavier, and there will be more coolant," Luke says. "These engines may have more oil in them, and there will be coolers for the oil and transmission fluid."

There are larger openings in the bumper area so air can easily flow over the oil and transmission coolers, which look like miniature radiators. If these fluids aren't kept cool, it can lead to premature wear or even component failure in the engine or transmission.

The down side is that because these trucks are heavier than a half-ton truck, they also get poorer fuel economy. "That's just physics, so we try to offset it with aerodynamics," Luke says. "On this new truck, the air deflector shape is taken from the Corvette so that air travels around it. Every little bit helps."

To note

- **Titanic trio.** Currently, only GM, Ford and Chrysler make heavy-duty trucks. The largest Japanese pickup truck available is a half-ton.
- **Be prepared.** Any vehicle that regularly tows a trailer should be equipped with a transmission fluid cooler to avoid premature wear or damage.
- **Ratings.** Trucks are rated on how much they can carry, and how much they can tow with a trailer hitch and with a fifth-wheel hitch, which attaches in the bed.



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The Offer applies to the first four bi-weekly payments for customers paying on a bi-weekly basis (1 of 12 monthly payments) on 2014 Ford Escape S, 1.6T 4-Bi-Weekly Payments, 1 Maximum amounts are $500 on 2013/2014 Focus S and Fiesta S; $750 on 2013/2014 Focus excluding S, Fiesta (excluding S) and 2014 Fusion S; $1,000 on 2013/2014 Fusion, Escape (excluding S), Fiesta S (excluding S) and 2014 Transit Connect XL; $1,250 on 2013/2014 Fiesta (excluding S), Transit Connect (excluding XL) and 2014 Transit; $1,500 on 2013/2014 Transit Connect XL; $1,750 on 2013/2014 Transit; $2,000 on 2013/2014 Expedition, Explorer, Flex, Taurus, Edge (excluding SE) and Mustang (excluding Shelby GT500, Escape); $2,250 on 2013/2014 F-Series, Super Duty, Escape (excluding S), Edge SE and Mustang (excluding Shelby GT500); $2,500 on 2013/2014 F-Series, Super Duty, Escape S, Edge SE and Mustang Shelby GT500. Offer not combinable with CPP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. *Until February 28, 2014, purchase a new 2014 Focus S Sedan 2.0 Ti-VCT 5-Speed Manual, 2014 Escape S FWD/2014 Fusion S / 2014 F-150 XLT SuperCrew 4x4/ 2013 F-150 SuperCrew 4x4/ 2013 F-150 XLT SuperCrew 4x4 for $17,428/$25,318/$23,798/ *$33,368/$48,080 (after Manufacturer Rebate of ($0/$500/ $0/ $8,000/ $10,000) deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. **Until February 28, 2014, lease a new (2014 Ford Escape S/2014 Ford Fusion S/2014 F-150 XLT Supercrew) for up to (48/24) months and get (0%/0.99%) APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2014 Focus S Sedan for $17,428 (after $0 down payment or equivalent trade-in, and $0 Manufacturer Rebate deducted) purchase financed at 0.99% APR for 84 months, monthly payment is $99 the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $99), interest cost of borrowing is $620 or APR of 0.99%, and total to be repaid is $18,018. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ***Until February 28, 2014, receive 0% APR purchase financing on new 2013 Edge (excluding SE) models for up to 48 months, 2013 Fusion, Taurus, Flex and 2014 Taurus and Escape models for up to 60 months, and 2013/2014 Ford Focus (excluding BEV) and Fiesta models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/ $416.66/ $347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ‡Until February 28, 2014, receive $300 or $1,000 or $1,500 or $2,000 or $2,250 or $3,000 or $4,000 or $4,500 or $6,500 or $7,000 or $8,000 or $8,500 or $9,000 or $10,000 in Manufacturer Rebates on 2014 Escape S/2014 Fusion S/2014 Focus S Sedan/2014 Transit Connect XL/2014 Transit XL/2014 F-150 XL SuperCrew 4x4/2013 F-150 SuperCrew 4x4/2013 F-150 XLT SuperCrew 4x4/2013 Mustang (excluding Shelby GT500)/2013 Escape S 1.6L/2013 Edge SE/2013 Fusion S/2013 Focus S Sedan/2013 Transit Connect XL/2013 Transit XL/2013 F-150 XL SuperCrew 4x4/2013 F-150 SuperCrew 4x4/2013 F-150 XLT SuperCrew 4x4/2013 Mustang (excluding Shelby GT500) (Mustang V6 Premium)/2013 Escape 1.6L Turbo (excluding SE)/2014 Mustang GT/2013 Escape 2.0L/ 2013 Expedition/ 2014 F-250 to F-450 (excluding Chassis Cabs - Diesel Engine)/ 2014 F-150 (excluding Chassis Cabs - Diesel Engine)/ 2013 F-150 Regular Cab (excluding XL 4x2)/ 2013 Ford F-150 Super Cab and Super Crew/ - all Raptor, GT500, BS/S302, and Medium Truck models excluded. ◊Estimated fuel consumption ratings for the 2014 Focus 2.0L I4 6-Speed Manual, 2014 Escape 2.5L I4 6-Speed Automatic, 2013 Fusion FWD 1.6L 6-Speed Manual, 2014 Escape 2.5L I4 6-Speed SST, Fuel consumption ratings based on Transport Canada approved test methods. Model shown is 2013 F-150 4x4 5.0L – V8 6-Speed SST: 15.1L/100 km city and 10.7L/100 km hwy. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ×Offer only valid from February 1, 2014 to February 28, 2014 the "Offer Period") to resident Canadians with an eligible Costco membership on or before January 31, 2014 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, and Medium Truck) vehicle (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. 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Each car is extensively fine-tuned on for driveability as well as big power numbers at LoveFab Inc and reputable tuners will of course do this. BOTH IMAGES WHEELBASE

In the quest for the outrageous, the unique and the blindingly fast, where a stock car just won't cut it, there is "the tuner." If you're unwilling to be outgunned — ever — chances are you'll be on the phone with someone like Cody Loveland, the owner of LoveFab, Inc., based in Traverse City, Mich.

The point is simple. Companies such as LoveFab take the guesswork out of doing modifications yourself. You pick up the phone, say what you want your ride to do, and Loveland will tell you how much it will cost to get there. Road racing, rallying, street driving, weekend drag racing. It doesn't really matter.

But how does LoveFab know what to do? Well, the company is perhaps best known for its engine programs for the Acura NSX, which was built from 1991-2005. Loveland works with other makes/brands such as Porsche, BMW and the new 2014 Corvette Stingray, but over the years, he has learned what can and can't be done to the NSX's small V6 engine.

Tuners are sometimes pigeon-holed by brand, but this hand-built General Motors V8 turbo system proves otherwise for LoveFab.

Quoted

"Aside from the obvious of making a living to support my family. The largest driving factor is witnessing the customer's giddy-schoolgirl-scream and ear-to-ear smile that always happens during the first drive after modification.
Cody Loveland

And not always by doing things the easy way.

Equipment limitations are often discovered by breaking things, or by racing ... or both. Top tuners race their own hardware to learn and Loveland seems to have a flair for the dramatic. Namely, the yearly Pikes Peak International Hill Climb in Colorado.

"Racing is the most brutal form of testing there is, especially Pikes Peak. When you're racing cars at 14,000 feet, the strain on the parts is astronomical when compared to street driving at relative sea level. When you're racing up a mountain, and you look over the edge DOWN at an airplane, it really gives you a sense of magnitude. Our parts survive up there, we've proven it, and so they survive in normal street or track driving without issue. In fact, we have a couple of NSX turbo systems with over 100,000 miles on them with zero issues since installation."

For most people, that's all the proof they would ever need to drop US $11,000 or so on a proven package, but what if your wallet is a bit thicker? Is anything possible with any car? "With a big enough cheque, yes."

A full-on 600-700-horsepower rebuild with a LoveFab turbocharger system and all the tuning to optimize the NSX can run close to US $30,000, but there is no guesswork for customers. The price, while it seems healthy, is just a small percentage of the research and development costs that it took to create the package in the first place. For buyers who love their NSX and have the cash, it seems like a no-brainer. Dan Spinelli of Albany, N.Y., shipped his red 1993 NSX to LoveFab in Michigan for a total engine overhaul and power boost.

"I have a buddy with a (Porsche) 911 who needs a little lesson. He doesn't know yet. I'm thinking 550-600 rear-wheel-horsepower. It's really a sickness and there should be a hotline for 'speedism,'" said Albany.

But what about newer cars with engines bathed in electronics? Can you just drop off your new BMW for some upgrading? Is it too complicated?

"No," says Loveland, "In most cases, the plethora of electronics and mechanical advances helps dial the car in that much further. What makes things difficult on the 'street car' side of things is all of the emissions laws . . . For instance, our NSX turbo systems have passed emissions in 49 states, and will even pass the strict sniffer tests of California. But, because there are 'visible' modifications, the cars are not street legal. This is a huge nuisance and quite a drain on our overall gross sales."

There are other issues, too, especially when the cars end up in the hands of others who are less experienced.

"Generally, we don't see an NSX back in the shop once it has left. The unfortunate but very common exception is when a long-distance customer entrusts their NSX to another tuner shop, and ends up with a blown motor. The customers are told that they can expect X amount more power, when that shop doesn't have the experience necessary to dictate what a 'safe' power level is. Half of the cars in here over the past two years were directly related to other shops."

It's a high-stakes business that likely makes anyone wonder why they're in it in the first place. "Aside from the obvious of making a living to support my family," says Loveland, "the largest driving factor is witnessing the customer's giddy-schoolgirl-scream and ear-to-ear smile that always happens during the first drive after modification.

"Our idea of a happy customer is one who can hop in their car at any time of the year, fire it up, and it starts every time. They can go to the grocery store to get milk, or to the track and bang out some hot laps. Today's 'tuner cars' have to do it all, or the customer won't be happy."

From the other side of the fence, NSX owner Spinelli jokingly sums up the apparent never-ending obsession with speed. "If you're not first, you're last."

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Hammound's latest design has him on cloud nine

Chrysler 200. Ontario native has struck gold twice in the cut-throat, highly competitive world of designing cars

AUTO PILOT
Mike Goetz
drive@metronews.ca

You think the Olympics are competitive? Try designing vehicles for a living.

First you got to get a job as a designer at a major automaker. It's a tight job market. There are more professional basketball players in the NBA than there are professional cars designers in the entire world. If you're lucky and good enough to get that gig, you're still not home free.

At Chrysler there can be as many as 15-plus exterior designers working on the same project, hoping to have their work carried to the next stage, says Jeff Hammound during our interview session at the Toronto auto show. "They never say you are the next designer of the car. Everybody sketches. Everybody puts designs on the wall."

A side view of the slick Chrysler 200. COURTESY OF CHRYSLER

But this Chrysler designer, a native of Guelph, Ontario, struck gold twice. One of his designs became the 2011 Jeep Grand Cherokee, and just recently, his work came to life in the form of the all-new 2014 Chrysler 200.

Not only was he the lead exterior designer of the 200, but during the design process he was promoted to design manager, to oversee all the vehicle's exterior design matters right through to production. "That was unusual. It doesn't always happen that way. It gave me a lot of ownership of the design. I obviously had a lot of help from upper management … But it really feels like my baby."

Canadian car designer Jeff Hammound and his 'baby,' the Chrysler 200. PROVIDED

You don't run into car designers on the street everyday, especially Canadian ones, so Hammound agreed to quick Q&A about his profession.…

Typical day at the office?
"If we're sketching, you sketch all day long. A lot of us like to sketch after hours … If the vehicle is "in clay" you'll spend your day on floor, tapping lines, etc. You're in rough clothes because you get covered in clay. It's fun though. Then you're working with engineers and going to a lot of meetings."

Hardest part of the job?
"The time you spend trying to hold your design. That's the hardest part. That it stays true to its original design, through cost constraints, manufacturing constraints, engineering constraints. You really have to learn to balance your emotions. You need to learn to take criticism and not take it so personally, but you don't want to take the personal element out of it either, because it's the passion that makes a design successful."

Best advice to a car designer wanna-be?
"Definitely look at going to one of the more prestigious (design) schools, because you'll get exposure to the auto industry. The car companies come in and say, we like you, you and you. (Hammound went to Detroit's College for Creative Studies). Besides that, you really have to be passionate. It's very competitive and you'll be putting in long hours."

Dream assignment?
"As most designers would say — a super car. Few restrictions and more about what can you do to make it as ostentatious as possible. The proportions are also wide and long — makes for a really nice canvas."

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Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $18,377/$14,246. Option to purchase at lease end is $11,398/$19,463. Excess wear and tear and km charges not included. Other lease options available. ♦$4,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 GMC Sierra 1500 Double Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ▼/♦/***/*/†/±Freight & PDI, ($1,600/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. 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Additional conditions and limitations apply. See dealer for details. ¥¥Offer only valid from February 8, 2014 – March 31, 2013 (the "Program Period") to retail customers resident in Canada who own or are currently leasing (during the Program Period) a GM or competitor pickup truck to receive a $2,000 credit towards the purchase, or $1,000 towards the finance or lease of an eligible new 2014 Model Year GMC Sierra Light Duty, or Sierra Light Duty. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $2,000/$1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership. 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*Ratings are awarded by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To qualify for 2014 TOP SAFETY PICK, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests, plus a good or acceptable rating in the small overlap front test. To qualify for 2014 TOP SAFETY PICK+, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests; a good or acceptable rating in the small overlap front test; and a basic, advanced or superior rating for front crash prevention. *MSRP of $24,495/$23,495 on 2014 XV Crosstrek (EX1 TP)/2014 Legacy 2.5i (EA1 BP). Lease rate of 0.9% for 39/48 months. Monthly payment is $265/$257 with $2,973/$2,966 down payment. Option to purchase at end of lease is $13,711/$10,714 with $3,659/$3,642 due at signing. 1% AutoShow rate break is included with all advertised lease payments. Advertised pricing consists of MSRP plus charges for Freight/PDI ($1,650 on 2014 XV Crosstrek; $1,595 on 2014 Legacy), Air Tax ($100), Tire Stewardship Levy ($29.20), OMVIC Fee ($5), Dealer Admin ($199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. $0 security deposit. Models shown: 2014 XV Crosstrek Limited Package (EX1 LP) with an MSRP of $28,995. 2014 Legacy 2.5i Limited Package (EA2 LN) with an MSRP of $32,495. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 20,000 km per year, with excess charged at $0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until February 28, 2014. See your local Subaru dealer for complete program details.

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Horoscopes

♈ Aries
March 21 - April 20
You will receive advice from all directions today, making it difficult to work out who is talking sense. Maybe you should shut yourself away for an hour or two and come to your own conclusions.

♉ Taurus
April 21 - May 21
You would be wise to keep your cash in your pocket today because if you make one wrong move, you may have to make several more to cover it up and before you know what's happening it will be costing you a fortune.

♊ Gemini
May 22 - June 21
It will pay you to keep a low profile and wait for the effects of today's Mercury-Saturn alignment to pass. That applies to all areas of your life but especially to your work.

♋ Cancer
June 22 - July 23
You may want to give voice to your feelings today but is that really such a good idea? The planets warn you won't do your cause much good if you let your resentments out for everyone to see.

♌ Leo
July 24 - Aug. 23
Steer clear of people who seem to enjoy talking about their worries. It may make them feel good to feel bad but it will spoil what might otherwise be a marvelous day.

♍ Virgo
Aug. 24 - Sept. 23
Someone who is jealous of your popularity will make life tough for you today but they are unlikely to succeed. Let the negativity go over your head. It'll annoy them. Good.

♎ Libra
Sept. 24 - Oct. 23
You will have to tell a little white lie today, the kind that keeps a friend from getting into serious trouble. A few days from now, when they realize what you did, they will thank you profusely.

♏ Scorpio
Oct. 24 - Nov. 22
Avoid quick fixes and dubious schemes today because they will cost you money. Anyone who approaches you with any of those once-in-a-lifetime, just-can't-lose proposals must be shown the door.

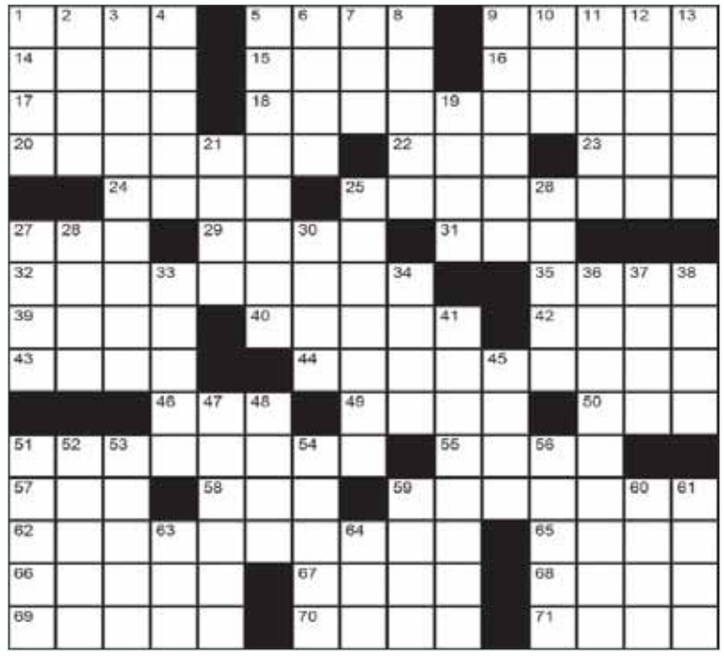
♐ Sagittarius
Nov. 23 - Dec. 21
You must control your temper today. That may be easier said than done but it must be done or what starts as a minor dispute could quickly get out of hand. Avoid people who like to fight.

♑ Capricorn
Dec. 22 - Jan. 20
If you make a promise today you will have to keep, so think carefully before making a commitment. With Mercury, planet of communication, under lots of pressure you should keep your mouth shut.

♒ Aquarius
Jan. 21 - Feb. 19
What you are worrying about is not worth the time. A few days from now, you will look back and wonder how you could have gotten so worked up about something so trivial.

♓ Pisces
Feb. 20 - March 20
The Sun is moving through your sign and you're feeling on top of the world but today's Mercury-Saturn link could dampen your mood with negative news. SALLY BROMPTON

Crossword: Canada Across and Down



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

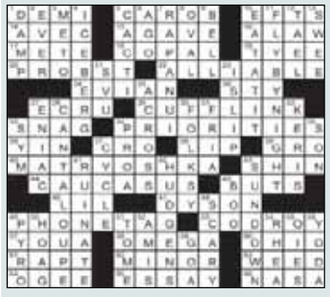
Across

1. Estonia's Lake __
5. By-the-tracks structures, for short
9. Floral leaf
14. Owl's call
15. Wholly Part link: 2 wds.
16. Disney dog
17. Wanes
18. SOCHI 2014 - Biathlon competition: 2 wds.
20. Error
22. Verdi aria: "__ Tu"
23. Extremist org. in 1974 headlines
24. Tunesmith Lisa
25. Nunavut: Sylvia __ Territorial Park
27. Fib
29. Mr. Matsuhisa (Celebrity chef)
31. Canuck rock gr.
32. Moscow: One of the vivid architectural features of Saint Basil's Cathedral: 2 wds.
35. Spinning stats
39. Kabul, __.
40. Part of Fred Flintstone's roar!
42. Old Rome's 1052
43. Qatar's capital
44. Maggie Gyllenhaal's actor husband Peter
46. Arctic explorer John
49. Misplace
50. Ms. West
51. SOCHI 2014 - Snowboard event, __ Giant Slalom
55. Keen on
57. Tokyo, formally
58. Ms. Zadora
59. Not for
62. Canadian painter of The Jack Pine: 2 wds.
65. Sarah McLachlan song
66. SOCHI 2014 - Adler __ Skating Center
67. Labourer, in olde Anglo-Saxon times
68. Rock 'n' What?
69. Canadian furniture store since 1909
70. Origin
71. Carpenter and Fire

Down

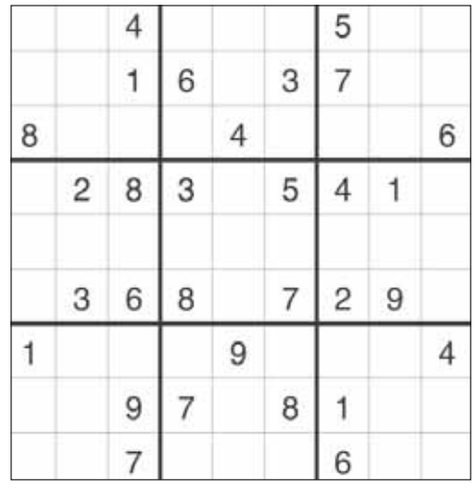
1. "Pardon me..."
2. Quebecoise singer, Alys __ (b.1923 - d.2011)
3. SOCHI 2014 - Winter Olympics sport
4. John Lennon's "__ __ Hard"
5. 1984 Bryan Adams tune
6. Jaunt
7. Veto
8. Curl the lips
9. SOCHI 2014 - Cross-Country event, Team __
10. 'Client' completer
11. Legume
12. In the least: 2 wds.
13. Devoted
19. Smidgen
21. Memphis, __.
25. Candy machine product: 2 wds.
26. "Candle in the Wind" subject, __ Jean
27. Cargo
28. Lowdown
30. Feathery scarves
33. Canadian actress Catherine
34. River of Spain
36. Luc __ (French Canadian lyricist of the musical Notre-Dame de Paris)
37. Ms. Sorvino
38. "West __ Story" (1961)
41. Designated
45. Ms. Rowlands
47. First Greek letters
48. Director Mr. Petri
51. Flower's one-of-some
52. Love lots
53. Shakespeare role
54. Designer chairs surname
56. Accessory for Queen Elizabeth
59. Excellent
60. Sediment
61. Mr. Bachman's
63. Cable TV network Spike, formerly
64. NNW u-turn

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	9	2	4	5	1	8	3	6
8	3	5	2	6	7	9	1	4
1	6	4	3	8	9	5	2	7
6	4	8	1	2	5	3	7	9
9	5	1	7	3	8	6	4	2
2	7	3	9	4	6	1	5	8
3	8	7	6	1	4	2	9	5
5	2	9	8	7	3	4	6	1
4	1	6	5	9	2	7	8	3

Today
3°/-8°
Wet snow
80%

Thursday
2°/-2°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
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- **5 YEAR** LEASING WITH BI-WEEKLY PAYMENTS
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ON SELECT MODELS

2014'S WITH BI-WEEKLY LEASING

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM▼

Limited model shown

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

GLS model shown

HWY: 7.2L/100 KM
CITY: 10.0L/100 KM▼

Limited model shown

2014 SANTA FE SPORT 2.4L FWD

■ HEATED FRONT SEATS ■ AM/FM/XM™/CD/MP3 6-SPEAKER AUDIO SYSTEM W/ AUX/USB JACKS ■ BLUETOOTH® HANDS-FREE PHONE SYSTEM ■ STABILITY MANAGEMENT WITH ESC AND TRACTION CONTROL

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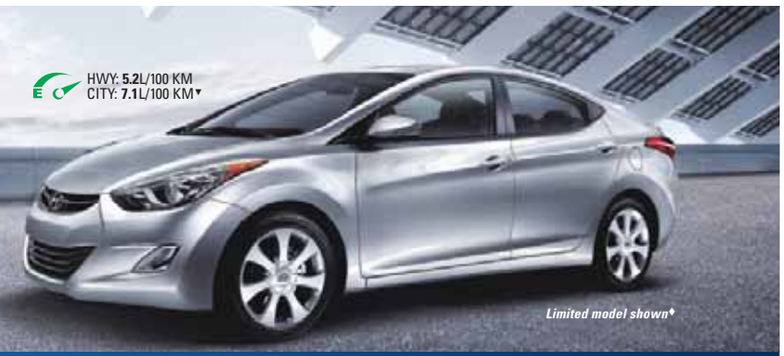
2013 ELANTRA L

OWN IT FOR $12,995

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼



Limited model shown♦

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5 YEAR†† WARRANTY

5 YEAR WARRANTY
5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
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